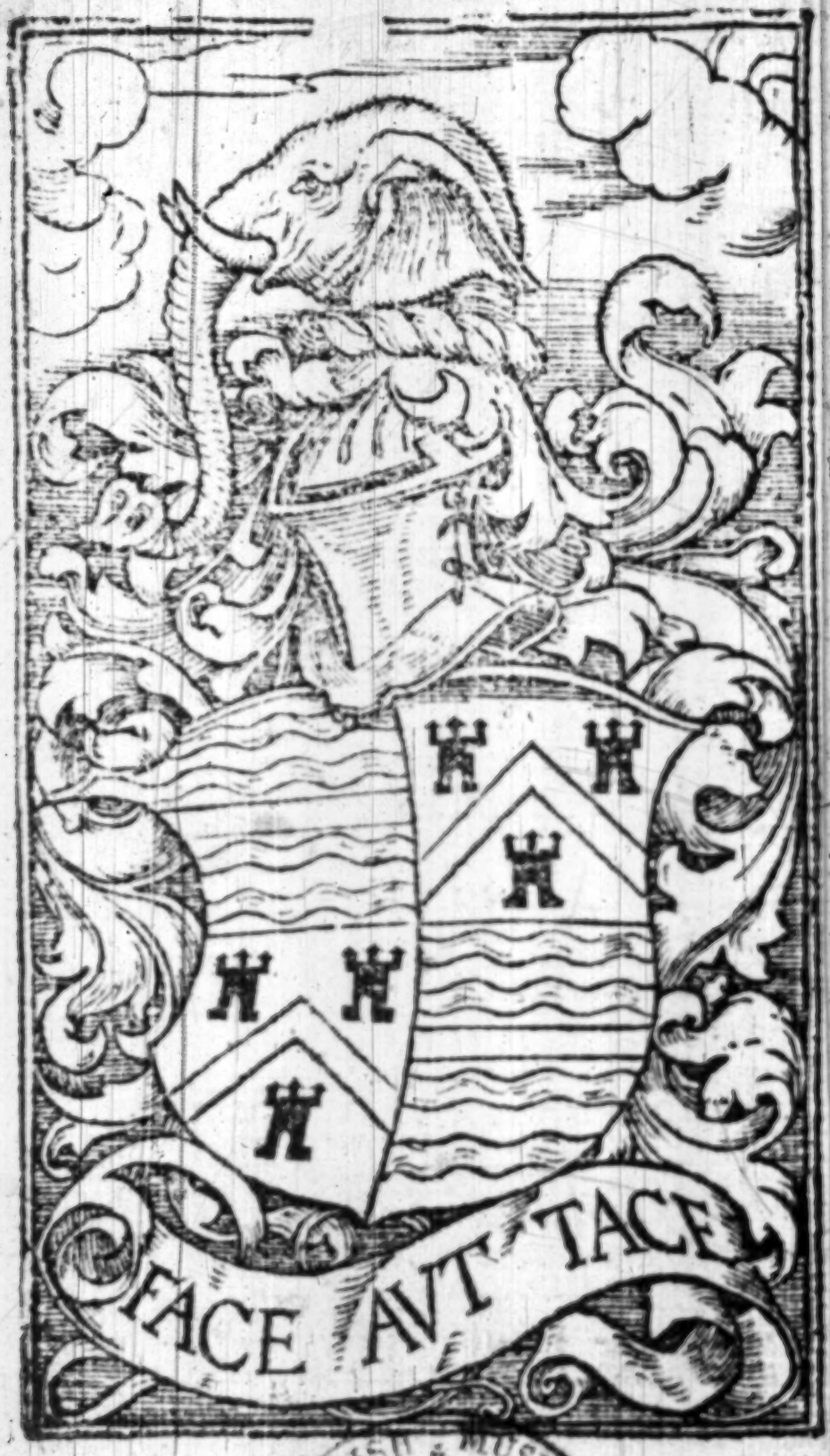
THE CASTEL OF HELTH CORRECTED AND IN SOME places augmented, by the fyrst author therof, syr Thomas Elyot knyght, the yere of our lorde 1541.



BRITISH MUSEUM

THE PROHEME OF SYR THOMAS ELYOT knyght into his boke, called the Castell of Helthe.

GALENE THE mooste excellente Phisicion feared, that in writynge a compendyouse doctrine for the curynge of sykenesse, he shoulde loose all his labour, for as muche as no manne almooste dydde endeuour hym selfe to the fyndyng of truthe, but that all men dyd soo muche esteme ryches, possessions, authorite, and pleasures, that they supposed them, which were studious in any parte of Sapience, to be madde or distracte of their wyttes, for as muche as they demed the chiefe Sapience, which is in knowlege of thynges belongyng as well to god as to man, to haue no beyng. Syens this noble writer found that lacke in his tyme, whan there flourysshed in sundry countreis a great multitude of men excellent in all kyndes of lerning, as it yet doth appere by some of theyr warkes, why shoulde I be greued with repproches, wherewith some of my countrey do recompence me, for my labours take without hope of temporall reward, onely for the feruent affection, whiche I haue euer borne toward the publyke weale of my countrey? A worthy matter sayeth one, syr Thomas Elyot is become a Phisicion, and writeth in phisycke, whis the beseemeth not a knyght, he mought haue ben

muche better occupied Truely yf they wyll call hym a phisicion, whiche is studyouse aboute the weale of his countrey, I wytsauke they so name me, for duryng my lyfe I wyll in that affection alway continue. And why, I pray you, shoulde men haue in disdayne or smal reputacion the science of phisike? whiche beinge well vnderstand, truly experienced, and discretely ordred, doth conserue helthe, without the whiche all pleasures be peynefull, ryches vnprofitable, companye annoyance, strength tourned to feblenes, beautie to loth somnes, sences are dispersed, eloquence interrupted, remembraunce confounded, whiche hath ben considered of wyse men, not onely of the priuate estate, but also of Emperours, kynges, and other great princis, who for the vniuersall necessitee and incomparable vtilitee. wh ehe they perceyued to bee in that scyence of phisycke, they dyd not onely aduaunce and honour it with speciall priuyledges, but alsoo dyuers and many of theim were therin righte studyouse, in soo muche as Juba the kynge of Mauritania and Libya, founde out the vertuous qualitees of the herbe called Euforbium. Gentius kynge of Illiria, founde the vertues of Gentian. Thy herbe Lysimachia, tooke his name of kynge Lysimachus. Mythridates the great kynge of Ponthus, founde fyrste the vertues of Scordion and alsoo inuented the famouse medycyne againste poyson, called Mythridate. Artheimisia queene of Caria founde the vertues of Motherworte whiche in latyne beareth her name, whereby her noble renoume hath lengar contyneued, thanne by the makyng of the famouse monument ouer

her

her deade houſebande called Mauſoleum, alſthough it were reckened among the wonderfulle warkes of the worlde, and yet her name with the ſayde herbe ſtyll abydeth, whyles the ſayde monument a thouſande yeres paſſed, was vtterly dyſſolued. It ſeemeth, that phyſycke in this realme, hath been well eſtemed, ſens the hole ſtudye of Salerne, at the requeſte of a kynge of Englande, wrate and ſette forthe a compendyouſe and profytable treatyſe, called the Gouernaunce of healthe, in latyne Regimen ſanitatis. And I truſte in almighty God, that oure ſoueraygne lorde the kynges maieſtee, who daily prepareth to ſtablyſche amonge vs trewe and vncorrupted doctrines, will ſhortely exampne alſo this parte of ſtudye, in ſuche wyſe, as thynges apte for medicyne, growyng in this realme, by conference with moſte noble authors may be ſoo knowen, that we ſhall haue leſſe neede of thynges brought out of farre countrayes, by the corruption wherof, innumerable people haue periſſhed, without blame to be giuen to the phiſicions, ſauyng onely, that ſome of theim not dilygente ynough in beholdyng their drouges or ingredience at all tymes diſpenſed and tryed.

¶ Beſydes the ſaied kynges, whom I haue reherſed, other honorable perſonages haue writen in this excellent doctryne, and not only of the ſpeculatiue parte, but alſo of the practyſe thereof: whoſe warkes do yet remayne vnto theyr glorye immortall as Auicena, Iuenſoar, Raſis, Cornelius Celſus, Serenus, and whyche I ſhoulde haue fyrſte named, Machaon, and Podalirius,

noble dukes in Grecia, whiche came to the siege of Troy, and brought with them .xxx. great shippes with men of warre. This well considered, I take it for no shame to study that sciẽce, or to set forth any bokes of the same, beyng therto prouoked by the moste noble and vertuous example of my moste noble mayster kyng HENRY the VIII. whose helthe I hartily pray god as long to preserue, as god hath constitute mans lyfe to contynue, for his hyghnes hath not disdayned to be the chiefe author and setter forthe of an Introduction into grammer, for the childern of his louing subiectes, wherby, hauing good maisters they shall moste easyly and in short tyme apprehend the vnderstandyng and forme of speakyng of true and eloquent latine. O royall herte, full of very nobilitie. O noble breast, settyng forthe vertuous doctrine, and laudable study. But yet one thyng muche greueth me, that not withstandyng I haue euer honoured, and specially fauored the reuerend colledge of approued phisicions, yet some of theim hearyng me spoken of, haue sayed in derision, that all though I were prettily sene in hystories, yet beyng not lerned in physike I haue put in my boke dyuers errours, in presumyng to write of herbes and medicines. Fyrste as concernyng hystories, as I haue planted them in my warkes, beyng well vnderstande, they bee not so lyght of importaunce as they done esteme theim, but may more surely cure mennes affections, than dyuers phisicions doo cure maladies. For whan I wrate fyrste this booke, I was not all ignorant in physyke. For before that I was twenty yeres olde, a worshypfull phisicion, and

one

one of the moste renoumed at that tyme in England, perceiuing me by nature enclyned to knowladge, radde vnto me the wozkes of Galene of temperamentes, naturall facultics, the Introduction of Johannicius, with some of the Aphorismes of Hippocrates. And afterward by myn owne study, I radde ouer in ozder the moze part of the warkes of Hippocrates, Galenus, Oribasius, Paulus Celius, Alexander Trallianus, Celsus, Plinius the one and the other, with Dioscozides. Noz I dyd omytte to reade the longe Canones of Auicenna, the commentaries of Auerroys, the practyles of Isake, Halyabbas, Rasis, Melue, and also of the moze part of them whiche were their aggregatours and folowers. And although I haue neuer bene at Mountpelli:r, Padua, noz Salerne, yet haue I founde some thynge in Physyke, wherby I haue taken no lyttell profyte concernynge myne owne helth. Moreouer I wote not why philicions shulde be angry with me, sens I wzate and dyd set forthe the Castell of helthe foz theyr commoditee, that the vncertaine tokens of vrines, and other excrementes shuld not deceiue them, but that by the true informacion of the sycke man, by me instructed, they mought be the moze sure to prepare medicines conuenient foz the dyseases. Also to the intent that men obseruyng a good ozder in diete, and preuentynge the great causes of syckenesse, they shuld of those maladies the sooner be cured. But yf philicions be angry, that I haue wzitten physyke in englyshe, let them remembze, that the grekes wzate in greke, the Romains in latyne, Auicenna, and the other in Arabike, which were

theyr owne propre and maternal tounges And if they had bene as muche attached with enuy and couetyse, as some nowe seeme to be, they wolde haue deuysed somme particular language, with a straunge cypher or fourme of letters, wherein they wolde haue written theyr scyence, whiche language or letters noo man shoulde haue knowen that hadde not professed and practised physyke: But those, although they were paynymes and Jewes, in this part of Charitee, they farre surmounted vs Christyanes, that they wolde not haue so necessarye a knoweledge as physyke is, to be hydde from theym, whiche wolde be studyouse about it.

¶ Fynally God is my iudge, I wryte neyther for glorye, rewarde, nor promotion, onely I desyre men to deme well myne intente, sens I dare assure theym, that all that I haue writen in this boke, I haue gathered of the mooste principalle writers in physyke. Whiche beyng throughly studyed and well remembred, shall be profitable (I doubt not) vnto the reder, and nothyng noyouse to honest physycions, that do measure theyr studye, with moderate lyuyng and Chrystyn Charitee.

BRITISH 14 JY 1903 MUSEUM

The

THE TABLE

IT MVST BE remembred, that the noumber in the Table, dothe sygnyfie the leafe, and the letter A, doothe sygnifye the fyrst page or syde, the letter B, the secounde page or syde.

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¶ Thus endeth the Table.

FACE AVT TACE

TO THE CONSERVAtion of the body of mankynde, within the limitation of health which (as Galene saith) is the state of the body, wherin webe neyther greued with peyn, nor lette from doyng our necessary busyneſſe, doth belonge the diligence consyderation of thre sortes of thynges, that is to say: De tuenda sanitate lib. 1.

- Thynges Naturall,
- Thynges not Naturall, and
- Thynges agaynſt Nature.

¶ Thynges Naturall be. vii. in numbre.

- Elementes
- Complections
- Humours
- Membres
- Powers
- Operacions and
- Spirites.

¶ These be necessary to the beyng of helthe, accordyng to the order of theyr kynde: and be alway in the naturall body.

¶ Thynges not naturall be syxe in number,

- Ayre
- Meate and drynk
- Slepe and watch
- Mouing and reste
- Emptines & repletion, and
- Affections of the mynde.

¶ Thynges against Nature be thre.

- Sykeneſſe.
- Cauſe of sykeneſſe.
- Accident, whiche foloweth sykenes,

¶ Annexed to thynges naturall.

Age
Colour.
Fygure, and
Diuersitie of kyndes.

¶ The elementes be those originall thynges vnmyxte and vncompounde, of whose temperance and myxture all other thynges haupnge corporall substaunce be compacte: Of them be foure, that is to sate.

Erthe,
Water,
Ayre, and
Fyre.

¶ Earthe is the mooste grosse and ponderouse elemente, and of her propre nature is colde and dyre,

¶ Water is more subtylle and lyghte thanne erth, but in respect of Ayre and Fyre, it is grosse and heup, and of her propre nature is coulde and moyste.

¶ Ayre, is more lyghte and subtylle than the other two, and beynge not altered with any exterior cause, is propsely hotte and moyst.

¶ Fyre, is absolutely lyghte and cleere, and to the clarifyer of other elementes, yf they be vicyate or out of theyr naturall temperaunce, and is propsely hotte and dyre.

¶ This is to be remembred, that none of the sayd elementes be cōmonly sene or felt of mortall men, as they are in theyr oryginall beynge: but they whiche by our sences be perceyued, be corrupted with mutuall myxture, and be rather erthy, watry, ayry, and fyry, than absolutely erth, water, ayre, and fyre.

Of

OF THE Complexyon of Man. Cap. 2.

COmplexyon is a combynation of two dyuerse qualities of the. iiii. elementes in one bodye, as hotte and dyze of the Fyze, hotte and moyste of the Ayze, colde and moyste of the Water, colde and dyze of the Earthe. But although all these complexions be assembled in euery body of man and woman, yet the body taketh his denomination of those qualities, which abounde in him, moze than in the other, as here after insewety.

¶ The body, where heate and moysture haue soueraynte, is callyd Sanguyne, wherin the ayze hath pzeemynence, and it is perceiued and knowen by these sygnes, whiche do folowe.

Sanguin
- Carnolitie oz fleshynes.
- The veines and arteries large.
- Heare plenty and redde.
- The vysage whyte and ruddy.
- Sleape muche,
- Dzeames of blouddy thynges, oz thynges pleasaunt.
- Pulse great and full.
- Digestion perfecte.
- Angry shoztly.
- Siege, vrine, and sweate abundãt.
- Fallyng shoztly into bledyng.
- The vrine redde and grosse.

¶ Where colde with moysture preuayleth, that body is called Fleumatyke, wherin water hathe precempynence, and is perceyued by these sygnes.

Fleumatyke
- Fatnesse quauyng and softe.
- Vaynes narowe.
- Heare muche and playne.
- Colour whyte.
- Sleape superfluous.
- Dreames of thynges watry, or of fysshe.
- Slowenesse.
- Dulnesse in lernyng.
- Cowardyse.
- Pulse slowe and lyttell.
- Digestionweake.
- Spyttell whyte, aboundaun, and thycke.
- Uryne grosse, whyte, and pale.

¶ Coleryke, is hotte and dry, in whome the fyre hath precminence, and is discerned by these sygnes folowyng.

Cholerike
- Leanesse of body.
- Costifenesse.
- Heare black or darke aburne curled.
- Visage and skynne redde as fyre, or salowe.
- Hotte thynges noysfull to hym.
- Lyttell sleape.
- Dreames of fyre, fightyng, or angre.
- Wytte sharpe and quycke.
- Hardy and fyghtyng.
- Pulse swyfte and stronge.
- Urine hygh coloured and clere.
- Voyce sharpe.

Melan-

¶ Melancolyke is colde and drye, ouer whome the earthe hath dominyon, and is perceyued by thefe fygnes.

Melancolyke,
- Leanneſſe with hardenes of fkynne.
- Heare playne and thynne.
- Coloure dulkyſſhe, or whyte with leanneſſe.
- Muche watche.
- Dreames fearefull.
- Stryfe in oppynions.
- Digeſtion ſlowe and yll.
- Tymorous and fearfull.
- Anger long frettyng.
- Pulſe lytteil.
- Seldome laughyng.
- Uryne watry and thynne.

BEſydes the ſaied complexyons of all the hole body, there be in the particular membres, complexyons, wherin if there be any diſtemperaunce, it bryngeth ſyckeneſſe or grieke into the membre. Wherfore to knowe the diſtemperature, theſe fygnes folowyng wold be conſydered. Fyrſtene, that it be remembred, that ſome diſtemperatures be ſimple, and ſome be cõpounde. They whiche be ſymple, be in ſymple qualyties, as in heate, colde, moyſt, or drye.
They whiche be compounde, are in compounde or myxte qualities, as heate and moyſture, heate and drythe: colde and moyſte, colde and drye.
But nowe fyrſte we wylle ſpeake of the ſymple complexions of euery principall member, begynnyng at the brayne.

The brayne exceeding in heat hath
- The heade and vysage very redde and hotte.
- The heare growyng faste, blacke and courled.
- The veynes in the eyen apparaunt.
- Superfluous matter in the nosethyrls, eyen, and eares.
- The headde annoyed with hotte meates, drynkes, and sauours.
- Slepe shoyt and not sound.

The brayne exceedyng in cold hath
- Much superfluitie running out of the nose, mouthe, eares and eyen.
- Heare straight and fine growyng slowely, and flaren.
- The head dyspoſed by smal occasyon to poſes and murres.
- It is soone annoyed with colde.
- It is colde in touchyng.
- Veynes of the eyen not seene.
- Sleapy somewhat.

Moist in excesse hath
- Heares playne.
- Seldome or neuer balde.
- Wytte dulle.
- Muche superfluities.
- Slepe muche and depe:

No

The brayne dry hath
- No superfluites rũning
- wyttes good and redy
- watchefull.
- Heares blacke hard and
- faste growyng.
- Balde shortly.

¶ Complexyons compouned.

Brayne hot & moist distempered hath
- The head aking and heuy
- Fulle of superfluities in the nose.
- The southren winde greuoule.
- The Northerne wynde holsome.
- Slepe deepe but vnquiete with ofte wakynges and straunge dreames.
- The senses and wytte vnperfecte.

Brayn hot and dry dystempered hath
- None aboundance of superfluitie, whiche maye be expelled.
- Senses perfecte.
- Much watche.
- Soner balde than other.
- Much heare in chyldehod and blacke or browne, and courled.
- The hed hotte and ruddy.

Braine cold & moyst distempred hath
- The senses and wyt dul
- Muche sleape.
- The head soone replenished with superfluouse moysture.
- Distyllacions and poses or murres.
- Not shortly balde.
- None hurte with colde.

Brayn cold and dry dystempered hathe
- The head colde in feling and without colour.
- The veines not appering
- None hurte with colde.
- Often diseased.
- Witte perfect in childehode, but in age dul.
- Aged shortly, and balde.

Of the Hart.

The harte hotte dystẽpered hathe
- Much blowing and puffing.
- Pulse swyfte and busy.
- Hardines and manhod much
- Promptnesse, actiuitie, and quickenesse in dooynge of thynges.
- Fury and boldnesse.
- The breaste heary towarde the left syde.
- The breaste brode with the heade lyttell.
- The body hotte, excepte the lyuer do let it.

The

The harte cold distempered hathe,
- The pulse very lyttell
- The byeth lyttell and slowe
- The breast narowe.
- The body all colde, excepte the lyuer doth inflame it,
- Fearefulnesse.
- Scrupulositie & much care.
- Curiositie.
- Slowenesse in actes.
- The breast cleane without heares.

The harte moyst distempered hath
- The pulse softe.
- None ägry & sone pacified.
- The body al moyst, excepte the liuer dispoleth cõtrary.

The harte dry dystempered hath
- The pulse harde.
- Not lightly angry, but beyng angry, not sone pacified.
- The body dry, excepte the liuer doth dispose contrary

The hart hotte and moyst
- The brest and stomack heary
- Promptnes in actes.
- Soone angry.
- Fiersnes but not so much as in hotte and dry.
- Pulse soft, swyft, and busy.
- Breath or wynde accordyng.
- Shortely fallethe in to dyseases caused of putryfaction.

The hart hotte and drye.	The harte poulse great and swyfte. The breathe or wynde acordyng. The breaste and stomacke all heary. Quicke in his doynges. Boldnes and hardynesse. Swyft & hasty in mouyng. Soone styred to anger and tyrannous in maners. The breaste brode and all the body hot and drye.
The hart cold and moyste.	The pulse softe. Fearefull and tymorous. Slowe. The breste cleane without heare. Not hastily angry, nor retaynyng anger. The breaste narowe. All the body cold & moyste.
The harte colde and drye hath	The pulse harde and lyttell. The wynde moderate. Seldom angry, but whan it hapneth, it dureth longe. The breaste cleane withoute heare and lyttell. All the body colde and drye.

Of the Lyuer.

The lyuer in heate dystempered hath,
- The veynes great.
- The bloud moze hot than temperate.
- The bealy heary.
- All the body hot excedynge temperance.

The lyuer cold dystempered hathe.
- The veynes smalle.
- Abundance of flewme.
- The bloude colde.
- All the bodye colde in feelyng.
- The bealy without heare

Thy lyuer moyst dystempered hath
- The veynes soft.
- Muche bloud and thynne.
- All the body moyste in feelyng, except the harte dysposeth it contrary.

The lyuer dzy dystempered hathe,
- The veynes harde.
- The bloudde lyttell and thycke.
- All the body dzye.

¶ The complexions compounde maye be decerned by the saide symple qualyties And heer is to be noted, that the heate of the harte maye vaynquyshe the colde of the lyuer. Foz heate is in the harte, as in the fountayne oz spzynge, and in the lyuer, as in the ryuer. Calen. in arte perus lib. 2.

Of

Of the Stomake.

The stomake hotte dystempered.

- He digesteth well, specyally harde meates, & that wyll not be shortly altered Lyghte meates and soone altered, be therein corrupted.
- The appetyte lyttell and slowe.
- He deliteth in meates and drynkes, whiche be hotte for euerye naturalle complexion deliteth in his semblable.

The stomake colde dystempered,

- He hath good appetite.
- He digesteth yl and slowly, specyally grosse meates and harde
- Colde meates dooe warc sowre beyng in him undigested.
- He deliteth in meates and drynkes, which be Colde. and yet of theym he is indamaged.

The stomak moist dystempered.

- He thrysteth but seldome, yet he delyreth to drynke.
- With superfluouse drink he is hurte.
- He delytethe in moyste meates.

The stomake dry dystempered.
- He is soone thyrsty.
- Contente with a lytell drynke.
- Diseased with muche drynke.
- He delyteth in dry meates.

¶ It is to be noted, that the dispoſycions of the stomake naturall, do desyre that which is of like qualities ¶ The dispoſicions vnnaturall, do desyre thynges of contrary qualities.
¶ Also not the stomake onely causeth a man to thyrste or not thyrste, but also the lyuer, the lunges, and the hart.

Of the genitories or stones of generacion.

The genitoryes hot distempryd
- Great appetyte to the acte of generacion.
- Ingendrynge men chyldren.
- Heare soone growen aboute the membres.

The genitoryes cold distempryd
- Small appetite to the acte of generacion.
- Ingendryng women childrem
- Slowe growthe of heare about the membres.

The genitoryes moist distempryd
- Sede abundant but thynne and watrye.

The genitoryes dry distempryd
- Sede lyttell but metely thyk in substance.

Laſte

Genitoryes hot and moyste,
- Lesse appetyte to lechery than in them, whyche be hotte and dryye.
- Wore puissance to do it, and without lasse damage.
- Hurt by absteynyng frome it.
- Lesse herines thā in hot & dry

The genytoryes hotte and dryye,
- The sede thycke.
- Muche fruitefulnes of Generacion.
- Great appetyte and redynes to the acte.
- Heare aboute the membres soone growen.
- Swyftnesse in spedynge of the acte.
- Soone therewith satisfied.
- Damage by vsynge thereof.

The genitoryes cold and moyst
- The sede watry and thynne.
- Lyttell desyre to the acte, but more puissance than in theym whyche be colde and dryye.
- Lyttell heares or none about the membres.

The genitoryes colde and dryye
- Heares none or fewe.
- Litel apetit or none to lecheri
- Litell puyssaunce to do it.
- Ingendrynge more females than men chyldren.
- That litel sede that is, is thicker than in colde and moyste.

Of

¶Of humours

In the bodye of Man be fowre principall humours, whiche continewyng in the proporcion, that nature hathe lymytted, the bodye is free from all sickenesse. Contrary wyse, by the increace or dyminucion of any of theym in quantitee or qualitee, ouer or vnder theyr naturall assignement, inequall temperature commeth into the bodie, whyche syckenesse foloweth more or lasse accordyng to the lapse or decay of the temperatures of the sayed homours, whiche be these folowyng.

Bloudde, Choler,
Flewme, Melancoly.

¶Bloudde hath preemynence ouer all other humours in susteinynge of all lyuynge creatures, for it hath more conformitie with the ryginalle cause of lyuyng, by reason of temperatenesse in heate and moysture, also nourisheth more the body, and restoreth that whiche is decayed, being the very treasure of lyfe, by losse wherof, deathe immediatly foloweth. ¶The dystemperature of bloud happeth by one of the other thre humours, by the inordinat or superfluous mixture of them

¶Of Fleume,

¶Fleume is of two sortes,

Naturall and
Vnnaturall.

¶Narurall fleume is a humour cold and moist, white and swete, or without taste ingendred by insufficient decoction in the second dygestion of the watrye or rawe pates of the matter decocte

called

called Chylus by the laste dygestion made apt to be conuerted into bloud. In this humour, water hath dominion most principall.

¶ Fleume vnnaturall is that, whiche is myxte with other humoures, or is altered in his quality. And therof is .viii. sundry kyndes.

Flewme.

- Watery, which is foũden in spetyll of the great drinkers, of them, whiche dygeste ylle
- Slymy or rawe.
- Glasy, lyke to whyte glasse, thicke, viscouse lyke byrde lyme and heuy.
- Plastry, whiche is very grosse, and as it were chalkye, suche is founde in the ioyntes of them, which haue the gowte.
- Salt, which is mingled with coler.
- Sower, mixt with melancoly, whiche commeth of corrupt digestion.
- Ponticum — Harshe, thycke and grosse. whiche is seldome founden, whiche tasteth lyke grene crabbes or sloes.
- Stiptik or binding, is not so grosse nor cold, as harsh, and hath the tast lyke to grene redde wyne, or other lyke, straynyng the tunge.

¶ Choler dothe participate with naturall heate as long as it is in good temperaunce. And there of is also two kyndes,

Naturall, and
Vnnaturall.

Na

Choler naturall:

¶ Naturall choler is the foome of bloudde, the colour wherof is redde and cleere, or moze like to an ozenge colour, and is hotte and dzy, wherin the fire hath dominion, and is light and sharpe, and is ingendzed of the most subtyll part of matter decoct, or boyled in the stomacke whose begynnyg is in the lyuer.

¶ Unnaturall choler is that whiche is myxte or corrupted with other homours, wherof be foure kyndes.

Citrine or yelowe choler, whiche is of the myxture of naturall choler, and watry fleume, and therfoze hath lesse heate than pure choler.

Yelky. lyke the yelkes of egges, whiche is of the myxture of flewme congeled, and choler naturall, and is yet lasse hot than the other.

Grene lyke to lekes, whose beginninge is rather of the stomak, than of the liuer

Grene lyke to grene canker of mettall, and bourneth lyke venim, and is of exceedinge adustion of choler or flewme, and by these two kyndes nature is mozтified.

¶ Melancoly or blacke choler is diuyded into two kyndes.

Naturall, which is the dzegges of pure bloude, and is knowen by the blacknes, whan it issueth eyther downeward or vpwarde, and is veryly colde and dzy.

Unnaturall, whiche procedeth of the

adustion of cholerike myxture, and is hotter and lighter, hauyng in it violence to kyll, with a dangerous disposition.

Of the members.

¶ There be diuersities of members, that is to say.

- The brayne.
- The harte.
- The lyuer.
- The stones of generation

Official membres
- Synewes whiche do serue to the braine.
- Arteries or pulses, whiche do serue to the harte.
- Veynes which do serue to the lyuer.
- Vessels spermatike, wherein mans sede lyeth, whiche do serue to the stones.

Partes called Homsla res, for beinge diuyded they remayne in them selfe like as they were.
- Bones.
- Gristell.
- Calles betwixt the vttermooste skynne and the flesshe.
- Muskles or fyllettes.
- Fatte.
- Flesshe.

members instrumentall.
- The stomacke.
- The raynes.
- The bowelles.
- All the great synewes.

These of their vertu do apetite meate, alter it:

Of

Of powers.
- Anymall.
- Spiritual.
- Naturall

Naturall power.
- whiche do minister.
- To whome is ministred.

whiche dothe mynyster.
- Appetiteth.
- Retayneth.
- Dygesteth.
- Expelleth.

To whome is ministred.
- Ingendreth.
- Nourisheth.
- Fedeth.

Power spiritual
- warkynge, whiche delatethe the harte and arteries, and eftesones strayneth them.
- wrought, whiche is stired by an exterior cause to warke whereof commethe anger, indignation, subtilitie, & care.

Power anymall.
- That which ordeineth, dysserneth, and composeth.
- That moueth by voluntarye motion.
- That whiche is called sensyble, wherof do procede the fyue wyttes.

Of that which or deineth do procede { Imaginatiõ in the forhed. Reason in the brayne. Remembrance in the nodel

Operations: { Appetite by heate and dryth / Digestiõ by heat and moisture / Retayning by colde and dryth / Expulsion by colde and moyst

Spirite is an ayry substance, subtyll, styrringe the powers of the body, to perfourme their operations, whiche is deuided into.

Naturalle, whiche taketh his begynnynge of the lyuer, and by the veines, whiche haue no pulse, spreadeth into all the hole body.

Vitall, whiche procedeth from the harte and by the arteries or pulses is sente into all the body.

Animalle, whiche is ingendred in the brayne, and is sente by the Sencwes, throughout the body, and maketh sence or felynge.

Annexed to thinges naturall.

Ages be. iiii. { Adolescency to xv. peres hotte and moyste, in the whiche tyme the body groweth. / Iuuentute vnto. xl. peres, hotte and dryr, wherin the body is in perfite growthe. / Senectute. vnto. lx. peres colde and drye, wherin the body beginneth to decreace.

Ages

Age decrepite, vntyll the laste tyme of lyfe, accidentlye moyste, but naturallye colde and dryc, wherin the powers and strength of the body be more and more minished.

¶ Colour.
Of inwarde causes.
Of outwarde causes.

Colour of inwarde causes.
- Of equalitie of humours, as he that is redde and whyte.
- Of inequalitie of humoures, wherof do procede black salow, pale, or white onely.
- Redde. } do betoken dominion of heate.
- Blacke. } do betoken dominion of heate.
- Salowe, } do betoken dominion of heate.
- whyte, colde of fleume.
- Pale colde melancoly.
- Redde, abundance of blonde.
- Salowe, choler citrine.
- Blacke, melancolye or choler aduste.

Colour of outwarde causes.
- Of colde or heate, as englishe menne be whyte, Moziens be blacke.
- Of thinges accidentalle, as of feare, of angre, of sorowe, or other lyke motions.

Coloure of heare.
- Blacke, eyther of aboundaunce of choler inflamed, or of morhe incendynge or aduſtion of bloudde.
- Redde heare of moche heate not aduſte.
- Graye hearcs of abundance of melancholy.
- Whyte hearcs of the lacke of naturalle heate, and by occaſion of fleume putrified.

All the reſydue concernynge thynges naturall conteyned in the Introduction of Ioannitius, and in the lyttell crafte of Galene, I pourpoſely paſſe ouer for this tyme, forasmoche as it dothe requyre a reder hauyng some knowledge in philoſophy naturall, or elles it is harde and tedious to be vnderſtande. Moreouer this, whyche I haue written in this fyrſte tables, ſhall be ſuffycient to the conſeruation of helthe, I meane, with that whyche nowe foloweth in the other Tables.

The ſeconde Table

Thynges not naturall be ſo called, becauſe they be noo portion of a naturall body, as they be, whyche be callyd naturall thynges, but yet by the temperaunce of theym the bodye beinge in healthe, ſo conſyſteth by the diſtemperance of them, ſyckenelle is induced, and the body diſſolued.

The firſte of thynges not naturalle is ayre, whyche is properly of it ſelfe, or of ſome materyall

riall cause or occosion good or yll.

That whiche is of it selfe good, hathe pure vapours, and is odoriferous.

¶ Also it is of it selfe, swyfte in alteration from hotte to cold, wherin the body is not muche prouoked to sweate for heate, ne to chylle for vehemency of colde.

¶ Ayre amonge all thinges not naturall is chiefly to be obserued, for as moch as it doth both inclose vs, and also enter into our bodyes, specially the most noble member, which is the hart, and we can not be seperate one howre from it, for the necessitie of breathing and fetchyng of wynde.

¶ The causes whereby the ayre is corrupted, be specially fouee.

Influences of sundry sterres.
Great standynge waters neuer refreshed.
Carrayne lyenge longe aboue grounde.
moche people in small roume, lyuynge vnkleanelye and sluttishely.

wynde bryngynge holsome ayre.
Northe, whiche prolongeth lyfe, by expulsinge yll vapours.
East is teperat & lusty.

wyndes bringinge yll ayre.
Southe corrupteth, and maketh yll vapours,
weste, is verye mutable, whiche nature doth hate.

THE FYRSTE

¶ Meate and dryncke.

¶ In meate and dryncke we muste consyder syxe thynges.

Substaunce.
Quantitie.
Qualytie,
Custome
Tyme.
Ryder:

¶ Substance, comme is good, whiche maketh good iuyce and good blouddc, come is ylle, and ingendzeth yll iuyce and yll blouddc.

Meates and drinkes makynge good iuyce.

¶ Bzead of pure floure, of good wheate somewhat leuened, well baked, not to olde nor to stale.

Egges of fesauntes, hennes, or partryches newe layde, poched, meane betwene rere and harde.

Mylke newe mylked, drounke fastynge, wherin is sugar or the leaues of myntes.

Fesauntes.
Partryches or chykens.
Capons or hennes.
Bzydes of the fieldes.
Fysshe of stony ryuers.
Veale suckynge.
Porke yonge.
Beefe not passynge.iii.yeres.
Pygeons.
Venison of redde dere.
Peale potage with myntes.

Fete

Feete of swyne or calues.
Fygges rype,
Raysons, } before meales.
Bourage.
Languedebicke,
Persely.
Wyntes.
Ryce with almonde mylke.
Letyse.
Lykorye.
Grapes.
wynes good moderately taken, wel fined
Ale and biere fyre dayes olde, cleane bre-
wed and not stronge.
Myrth and gladnesse.
The lyuer and braynes of hennes and
chykens, and yonge geese.

¶ Meates and drinkes makyng
yll iuyce.

¶ Olde bicke.
Olde mutton
Geese olde.
Swanne olde.
Duckes of the kanell.
Inwarde of beastes.
Blacke puddynges.
The hartlyuer and kydneys of al bestis.
The braynes and mary of the backebone
wood culuers.
Shell fyshe, excepte creuyse beaudoulce.
Chese harde.
Apples and peares moche bled.
Fygges and grapes not rype.
All rawe herbes, excepte lettise, borage.

and Cykorye.

Onyons, Garlyke, Leekes. } { immoderately vsed, specialye in Cholerike stomakes.

wyne in muste or sowre.

Feare, sorowe, and pensifenesse,

Meates ingendrynge choler.

Garlyke.

Onyons.

Rokat.

Kersis.

Leekes.

Musturde.

Pepper.

Honye.

wyne moche drunke

Swete meates.

Meates ingēdryng fleume

All slymy and cleauyng meates.

Chese newe.

All fishe, specially in a flematike stomak

Inwardes of beastes.

Lambes fleshe.

The synewe partes of flesh.

Skynnes.

Braynes.

Lunges.

Rapes.

Cucumbers.

Replecion.

Lacke of exercyse.

Mea-

Meates ingendrynge melancholy.
Bieke.
Gotes flesche.
Harcs flesche.
Boxes flesche.
Salte flesche.
Salte fysche.
Colewortes.
All pulse excepte white peason.
Browne breade courle.
Thycke wyne.
Blacke wyne.
Olde chese.
Olde flesche:
Great fysches of the sea.

Meates makynge thycke iuyce.
Rye breadde
Muste,
Breade without leauen.
Cake breade
Sea fyshe great
Shell fyshe.
Bieke.
The kydneys.
The lyuer of a swine
The stones of beastes.
Wylde moche sodden.
Rapes.
All rounde rootes:
Cucumbers.
Sweete wyne.
Deepe redde wyne.
Garlyke.

Muſtarde.
Origanum.
Hyſope.
Baſyll.
Fenell.
Chele.
Egges fryed or harde.
Cheſten nuttes.
Nauewes.
Fygges grene.
Appuls not rype.
Pepper,
Rokat,
Leckes
Onyons.
} moche bled.

¶ Meates whiche do hurte the tethe.

¶ Very hotte meates.
Nuttes.
Swete meates and drynkes.
Radyſhe rootes.
Harde meates.
Wylke.
Bytter meates.
Moche vomyte.
Leekes.
Fyſhe fatte.
Lymons.
Colewortes.

¶ Meates whiche do hurt the eyes.

¶ Dronkennes.

Leche:

Lechery.
Muste.
All poulse.
Sweete wynes and thicke wines.
Hempe sede.
Very salte meates.
Garlyke.
Onyons.
Colewoztes.
Radysshe.
Readynge after supper immediately.

¶ Makynge great oppilations.

¶ Thycke mylke
All swete thinges:
Rye bzeadde.
Sweete wynes:

Meates inflatynge oz wyndy.

¶ Beanes.
Lupynes.
Cicer.
Mille.
Cucumbers.
All iuyce of herbes
Fygges dzye.
Rapes.
Nauews rawe
Mylke.
Hony not well clarified
Muste.

Thin=

Thynges good for the head.

Cububes.
Galngale.
Lignum aloes.
Maioram.
Baulme myntes.
Gladen.
Nutmygges.
muske.
Rosemary.
Roses.
Pionye.
Hissope.
Spyke.
Camomyll.
anelliiote.
Rewe.
Frankyncense.

Thynges good for the hart.

Cynamome.
Saffron.
Corall.
Cloues.
Lignum aloes.
Perles.
macis.
Baulme myntes.
myrabolanes.
muske.
Nutmigges.
Rosemary.

The bons of the harte of a redde dere
maioram.
Bugloss.
Bourage.
Setuall.

Thynges good for the lyuer.

Cwornwoode.
withwinde.
Agrimony.
Saffron.
Cloues.
Endyue.
Lyuerwort.
Cykorye.
Plantayne.
Dragons
Reasons great.
Saunders.
Fencll.
Violettes.
Rosewater.
Lettyse.

Thynges good for the lunges.

Elycampane.
Hyssope.
Scabiose.
Licorise.
Raysons.
Maydenheare.

Pe:

Benidies.
Almondes
Dates.
Pistacis,

Thinges good for the eyes.

Eyebryght.
Fenell.
Merum.
Roses.
Celandyne.
Agrymony.
Cloues.
Colde water.

Thinges good for the stomake

Myrabolanes.
Nutmygges.
Organum.
Pystaces.
Quynces.
Olybanum.
wormwode
Saffron.
Corall.
Agrymony.
Fanitorye.
Galyngale.
Cloues.
Lignum aloes.
Mastix.
Mynte.
Spodium.
The innermost thynne of a hennes gyser.
Coriander prepared.

THE SECONDE BOKE.

Of Quantitie. Cap. 1.

THE QVANTITIE of meat must be proporcioned after the substaunce and qualitie therof, and accordynge to the complexion of him that eateth. Fyrst it ought to be remembred, that meates hotte and moyste, which are qualities of the blud are sone tourned into bloud, & therfore moch nourysheth the body. Some meates do nourishe but lytell

lyttell, hauynge lyttell conformitie with bloudde in theyr qualities. Of them whiche do nourysshe, some are more grosse, some lyghter in digestion. The grosse meate ingendreth grosse bloudde, but where it is well concocte in the stomake, and wel dygested, it maketh the flesshe more firme, and the offyciall membres more stronge, thanne fyne meates. Wherfore of men, whiche vse moche labour or exercise, also of them, whiche haue verye cholerike stomackes, here in Englande, grosse meates may be eaten in a greate quantitie: and in a cholerike stomacke biefe is better digested than a chikens legge, for as moche as in a hot stomake fyne meates be shortly aduste and corrupted.

Contrary wyse in a colde or fleumatike stomake grosse meate abydeth longe vndygested, and maketh putrified matter, lyght meates therefore be to suche a stomake more apte and conuenient.

The temperate bodye is beste nourisshed with a lyttell quantitie of grosse meates: but of temperate meates in substaunce and qualitie, they may safely eate a good quantitie. Forseene alwaye that they eate without gourmandyse, or leaue with some appetite. And here it wolde be remembred, that the cholerike stomake, doth not desire so moche as he may dygeste, the melancolye stomake may not digeste so moche as he desireth: for colde maketh appetyte, but naturalle heate concocteth or boyleth. Not withstandinge vnnaturall or supernaturall heate dystroyeth appetyte, and corrupteth digestion, as it appereth in feuers. Moreouer fruites and herbes, specyallye rawe, wolde be eaten in a smalle quantite, although the person be very cholerike, for as moche

as

as they do ingender thynne watry blonde, apte to receiue putrifaction, whiche although it be not shortely perceyued of hym that vseth it, at lengthe they sele it by sundry diseases, which are longe in commyng, and shortly sleeth, or be hardly escaped. Finallye excesse of meates is to be abhorred. For as it is saide in the boke callyd Ecclesiasticus, In moche meate shal be sickncs, and inordinate appetite shall approche vnto choler. Semblablye the quantitie of drinke wolde be moderated, that it excede not nor be equalle vnto the quantitie of meate, specially wyne, whiche moderatcly taken, aydeth nature, and comforteth her, and as the saide author of Ecclesiasticus sayethe. Wyne is a reioycynge to the soule and bodye. And Theognes sayethe in Galenes warke. A large draughte of wyne is vile, A moderate draught is not onely not vile, but also cōmodious or profitable.

Ecclesi. 17.

Ecclesi. 31.

Gal. de tuenda sanitate.

Of Qualytie of meates. Capi. 2.

QValitie is in the complexion, that is to saye, it is the state thereof, as Hotte or colde, moyste or drye. Also some meates be in wynter colde in acte, and in vertue hotte. And it wolde be considered, that euery cōplexion temperate and vntemperate, is conserued in his state, by that whiche is lyke thereto in fourme and degree. But that whiche excedeth moche in distemperaunce, muste be reduced to his temperaunce, by that whiche is contrarye to hym in fourme or qualitie, but lyke in degree moderatlye vsed. By fourme is vnderstande grossenes, fyne-

nesse, thickenesse, or thinnesse, by degree, as the fyrste, the seconde, the thyrde, the fourth in heate colde, moysture, or dryghe.

¶ Of Custome. Cap. 3.

CUstome in feedynge is not to be contemp-ned, or littell regarded: for those meates, to the which a man hath ben of long tyme accustomed, thoughe they be not of substaunce commendable, yet do they sometyme lesse harme than better meatis, wherunto a man is not vsed. Also the meates and drynkes, whiche doo moche delyte him that eateth, are to be preferred before that whiche is better, but more vnsauerye. But if the custom be so pernicious, that it nedes must be lefte, than wolde it be withdrawen by lytel and lytell in tyme of helth, and not of sickenesse. For if it shulde be withdrawen in tyme of sycknesse, Nature shulde susteyne treble detriment: fyrste by the griefe induced by syckenesse, seconde by receyuynge of medicines, thirdely by forbearynge the thinge, wherin she delyteth.

Hippocrates aphorismo. 2

Galenus.

¶ Of the temperature of meates to be receiued. Cap. 4.

TO kepe the body in good temper, to them whose naturall cõplexion is moist, ought to be giuē meates that be moist in vertue or power, Contrary wise to them whose naturall complexion is drye, oughte to be gyuen meates drye in vertue or power. The bodies vntemperate, suche meates or drynkes are to be giuen,

uen, whiche be in power contrary to the distem-
perance, but the degrees are alwaye to be consy-
dered, as well of the temperance of the bodye, as
of the meates. For where the meates doo muche
excede in degree the temperature of the body they
anoye the body in causynge distemperaunce. As
hotte wynes, pepper, garlike, onyons, and salte,
be noyfull to them, whiche be cholerike, bycause
they be in the hyghest degree of heate and dryethe,
aboue the iuste temperance of mannes bodye in
that complexion. And yet be they oftetymes hol-
some to them, whiche be fleumatike. Contrary-
wyse, colde water, colde herbes, and colde frutes
moderately vsed, be holsome to cholerike bodies,
by puttyng away the heate, excedynge the natu-
rall temperature: and to theym, whiche be fleu-
matike, they be vnholsome, and doo bryng into
them distemperance of colde and moyste.

¶ What distemperance happeneth by the excesse of sundry qualities in meates and drunkes. Cap. 5.

Meates.
- Colde do congele and mortify.
- Moyste, do putrifie and hasten age.
- Dry, sucketh vp naturall moysture:
- Clammye, stoppeth the issue of va-
  pours and bryne, and ingendrethe
  tough fleume and gravell.
- Fatte and oyly, swymmeth longe in
  the stomake, and bringeth in loth-
  somnesse.
- Bytter, dothe not nourishe:
- Salte, do frette moche the stomake.

Harrysshe, lyke the taste of wylde fruytes, do constipate and restrain. Swete, chauseth the bloudde, and causeth opilations or stoppinges of the pores and cundites of the body. Sower cooleth nature, and hasteneth age.

What commoditie happeneth by the moderate vse of the sayde qualities of meates and drinkes, Cap. 6.

Meates.

- Colde asswageth the bournynge of choler.
- Moyste, humecteth that whiche is dryed.
- Drye, consumeth superfluous moysture.
- Clammye, thycketh that whiche is subtyll and perlyng.
- Bytter clenseth and wypeth of, also mollyfieth and expelleth fleume
- Salte, relenteth fleme clammy, and dryeth it.
- Fatte and vnctuouse, nourysheth, and maketh soluble.
- Stiptike or roughe on the tongue byndeth and comforteth appetite.
- Swete doth clense, dissolue, and nourisshe.

Of

¶ Of Fruytes. Cap. 7

For as moche as before that tyllage of corne was inuented, and that deuouring of flesche and fyshe was of mankynde vsed, men vndoubtedlye lyued by fruites, and Nature was therwith contented and satisfied, but by change of the diete of our progenytours, there is caused to be in our bodies suche alteration from the nature, whiche was in man at the begynnyng, that nowe all fruites generally are noyfull to manne, and do ingender yll humours, and be oftetymes the cause of putrifyed feuers, yf they be moche and contynually eaten. Not withstandynge vnto them, which haue abundaunce of choler, they be sometyme conuenyente, to represse the flame, whyche proceedeth of choler. And some fruites, whiche be stiptike or byndyng in taste, eaten before meales, do bynde the bealye, but eaten after meales, they be rather laxatiue: Nowe shall it not be vnexpedient, to wryte of som fruites particularly, declaring theyr noyfull qualities in appayrynge of Nature, and howe they maye be vsed with least detriment.

¶ Of Gourdes.

Gourdes rawe be vnpleasaunt in eatyng, yll for the stomake, and almost neuer digested, therfore he that wyll nedes eate theym, muste boyle theym, roste theym, or frye them, euery way they be without sauour or taste, and of theyr proper nature, they gyue to the body colde and moyste nourysshement, and that verye *Galen. de alimentis.*

lyttell, but by reason of the slypperneſſe of theyr ſubſtaunce, and becauſe all meates, whiche be moyſt of theyr nature, be not byndynge, they lyghtly paſſe forthe by the bealy. And beinge well ordred, they wyll be metely concocte, if corruption in the ſtomake do not preuente them: they be colde and moiſte in the ſeconde degree.

Of Melons and Pepons.

MElones and Pepones be almoſte of one kynde, but that the melone is round lyke an apple, and the innermoſte parte thereof, where the ſeedes are conteyned, is vſed to be eaten. The Pepon is moche greatter, and ſomwhat longe, and the inner parte therof is not to be eaten: They bothe are very colde and moyſt, and do make ille iuyce in the body, if they be not well digeſted, but the pepon moche more thanne the melon, they doo leaſte hurte, if they be eaten afore meales. Albeit yf they do finde in the ſtomake fleume, they be turned into fleume, if they fynde choler, they be tourned in to choler. Notwithſtandyng there is in them the vertue to clenſe and to prouoke vryne, they be colde and moyſt in the ſecond degree.

Cucumbers.

Galen. de alimentis. 2.

CUcumbers do not excede ſo moch in moiſture as melons, and therfore they be not ſo ſoone corrupted in the ſtomake: but in ſome ſtomackes, beynge moderately vſed, they doo digeſte welle, but yf they be aboundauntlye eaten

eaten, or moche vsed, they ingender a colde and chicke humoure in the vaynes, whiche neuer or seldome is toorned into good bloude, and sometime bringeth in feuers. Also they abate carnall lust. The seedes as well thereof, as of melons and gourdes, being dryed, and made clene from the huskes, are very medicinable against sycknesses proceding of heate, also the difficultie or let in pissynge, they be colde and moyste in the seconde degree.

Dates

Be harde to digeste, therfore beinge moche eaten, and not well digested, they annoy the heade, and cause gnawinge in the stomake, and make grosse iuyce, and sometime cause obstructions or stoppinges in the lyuer and spleane. And where there is inflamation or hardnes in the body, they are vnholsome, but beinge wel digested and temperately vsed, they nourishe and make the flesshe fyrme, and also byndeth the bealy: olde dates be hotte and drye in the fyrste degree: newe gathered are hotte and moyst in the fyrste degree.

Of figges.

FYgges eaten, do shortely passe out of the stomache, and are soone distributed into all the partes of the body, and haue the power to clense, specially geaucll, beinge in the raines of the backe, but they make noo substanciall nourishment, but rather somwhat louse and windy. But by their quicke passage, the wynde is soone dissolued. Therfore if they be ripe, they do leaste Actius. 1.

harme of any fruites, or almoste none. Dry fyges and olde, are more hotte and moyste thanne newe gathered, but beinge much eaten they make yll blouddc and iuyce, and as some do suppose, do ingender lyce, and also anoyeth the lyuer and the splene, if they be inflamed, but hauinge the power to attenuate or make humours currante, they make the bodye soluble, and doo clense the raygnes. Also beinge eaten afore diner with gynger or pepper, or powder of tyme, or penyroyall, they profyte muche to them, whiche haue oppylations or hard congeled matter in the inner partes of the bodye, or haue distillations or reumes fallynge into the breste and stomake. Newe fyges are hotte and moyst, olde fygges are hotte in the fyrste degree, and drye in the seconde.

Of grapes and raysons.

Galen. de alimentes. 2.

Grapes do not nourysche so moche as fyges, but being rype, they make not moche yll iuyce in the body: all be it newelye gathered, they trouble the healy, and fylleth the stomacke with wynde, therefore yf they be hanged vp a while, ere they be eaten, they are the lasse noyfulle. Sweete grapes, are hotteste, and doo lowse somewhat, and make a man thyrsty:

Dioscor. 5.

Sowre grapes are colde, and do also lowse, but they are harde of digestion, and yet they do not nourisshe. They which are in taste bytter or harsyshe, be lyke to theym that are sowre. Raysons do make the stomake fyrme and stronge, and do prouoke appetite, and do comfort weake bodies, beinge eaten afore meales, they be hotte in the fyrste

fyrste degree, and moyste in the seconde.

¶ Of Cheries.

Cheries if they be swete, they do sone slyp downe into the stomacke, but yf they be sowre or sharpe, they be more holsom, and do lowse, if they be eaten freshe, and newelye gathered, they be colde and moyst in the first degree.

¶ Of Peaches.

Peaches do lasse harme, and do make better iuyce in the body, for they are not so soone corrupted being eaten. Of the iuyce of them may be made a syrope, very holsome agaynst the distemperaunce of choler, whereof procedathe a stynkynge breathe: They be colde in the firste degree, and moyste in the seconde.

¶ Of Appuls.

All appulles eaten soone after that they be gathered, are, cold, harde to digest, and do make yll and corrupted blounde, but beinge well kepte vntille the nexte wynter, or the yere folowyng, eaten aftermeales, they ar righte holsome, and doo confyrme the stomacke, and make good digestyon, specially yf they be rosted or baken, moste properly in a cholerike stomacke they ar best preserued in hony, so that one touche no an other. The rough tasted appulles are holsome, where the stomake is weake by dystemperaunce of heate or moche moysture. The bytter

appuls

apples, where that grief is increased. The sour apples, where the matter is congeled or made thycke with heate: In dystemperature of heate and drythe by drynkynge moche wyne, they haue ben founde commodiouse: beinge eaten at night, goinge to bedde, without drinkyng to them, they be colde and moyste in the fyrst degree.

¶ Of Quynces.

QUynces be colde and drye, eaten afore meale, they bynde and restrayne the stomake, that it maye not digeste well the meate, excepte that they be rosted or sodden, the core taken out and myxte with hony clarified, or sugar, thau they cause good appetite, and preserueth the heade from drunkennes, taken after meate, it closeth and draweth the stomake together, and helpeth it to digeste, and mollyfieth the bealy, if it be abundantly taken, they be colde in the fyrste degree, and drye in the begynnynge of the seconde.

¶ Of Pomegranates.

POmegranates be of good iuyce, and profytable to the stomake, specially they, whiche are sweete, but in a hotte feuer, they that are sowre be more expedient and holsome, for than the sweete do incende heate, and puffe vp the stomake.

Of

¶ Of Peares.

Peares are moche of the nature of appuls, but they are heuier, but taken after meate, rosted or baken, they are not vnholsome, and do restrayne and knytte the stomake, beynge ripe: they be colde and moyste in the first degree.

¶ Medlars.

Medlars are colde and dry, and constrytyue or straynyng the stomake, and therfore they may be eaten after meales, as a medicine, but not vsed as meate, for they ingender melancholye, they be colde and dry in the seconde degree.

¶ Walnuttes.

Walnuttes, if they be blaunched, are supposed to be good for the stomak, and somwhat lowsynge the bealy, mixte with sugar, they do norisshe temperatelye. Of two drye nuttes, as many fygges, and .xx. leaues of Rewe, with a graine of salt, is made a medicine wherof if one doo eate fastynge, nothynge whiche is venemous may that daye hurte hym, and it also perserueth against the pestilence, and this is the verye right Withridate, they be hotte and dry in the seconde degree, after some opinions hotte in the thyrde degree, dry in the seconde.

Fylberdes and hasyll nuttes.

¶ They be more stronge in substance than walnuttes

nuttes, wherfore they are not so easyly or soone digested. Also they do inflate the stomacke, and cause heade ache, but they ingender latte. And yf they be rosted, they be good to restraine rewmes. Also eaten with pepper, they are good agaynste tourmentes of the bealye, and the stoppinge of vryne. They be hotte and dyre in the fyrste degree.

¶ Of Almondes.

They do extenuate and clense without any byndynge, wherfore they purge the brests and lunges, specially bytter almondes. Also they do mollyfye the bealy, prouoke slepe, and causeth to pysse well, fyue or syxe of them eaten afore meate, kepe a man from beinge dronke, they be hot and moyst in the fyrst degree.

¶ Of Chesteyns.

¶ They beinge rosted vnder the ymbers, or hot asshes, doo nourishe the body strongely, and eaten with honye lastynge, doo helpe a man of the cowghe.

¶ Prunes

Of the gardeyne and ripe, doe dispose a man to the stoole, but they do bringe noo maner of nourysshmente. To this fruite lyke as to fygges this propertie remaynethe, that beynge dryed, they doo profytte. The Damaske prune rather byndeth thanne lowseth, and is

is more commodious vnto the stomake: they be colde and moyste in the seconde degree.

¶ Olyues

Condite in salte lykoure, taken at the begynnynge of a meale doth corroborate the stomake, styrreth appetite, and louseth the bealye beynge eaten with vyneger. They whiche be rype, are temperately hot, they which be grene, are colde and drye.

¶ Of Capers.

They nourisshe nothynge after that they be salted, but yet they make the bely louse, and purgeth fleume, whiche is therin contryned. Also styrreth appetyte to meate, and openeth the obstructions or stoppinge of the lyuer and splene, beinge eaten with oxymell, before any other meate: they be hotte and drye in the seconde degree. Gal. de alimentis. 2.

¶ Orenges.

¶ The ryndes taken in a lyttell quantitie, doo comforte the stomacke, where it dygesteth, specially condite with sugar, and taken fastynge in a small quantitie. The iuyce of orenges, hauynge a toste of breade put vnto it, with a lyttell powder of myntes, sugar, and a lyttell cynamome, maketh a very good sawce to prouoke appetite. The iuyce eaten with sugar in a hotte feuer, is not to be dyscommended. The rynde is hotte in the fyrste degree, and drye in the second, the iuyce of them is colde in the seconde degree, and dry in the fyrste.

Herbes

¶ Endyue and Scariole

Be moche lyke in their operation to Lyko-rie, but they are moze conuenient to medi-cyne than to meate. All be it Scariole cal-lyd white Endyue, hauynge the toppes of the leaues tourned in, and laide in the Erthe, at the latter ende of sommer, and couered, becommeth whyte and crispe, lyke to the great stalkes of ca-bage lettise, whiche are in wynter taken vp and eaten. And to them that haue hote stomakes and dyre, they be ryght holsome, but beynge to moche vsed, or in very great quantite, they ingender the humour, whiche maketh the cholyke, they be cold and moyste in the fyrste degree.

¶ Malowes

Gal. 2. de alimentis.

Are not colde in operation, but rather some-what warme, and haue in theym a slyppernesse: wherfore beinge boyled and moderatlye eaten with oyle and vyneger, they make metelye good concoction in the stomache, and causeth the su-perfluous matter therin easily to passe, and clen-serthe the bealye. It is hotte and Moyste in the fyrste degree.

¶ white beetes

Bee also absterstiue and lowseth the bealy, but moche eaten, annoyeth the stomake, but they are right good agaynste obstructions or stoppynge of the lyuer, yf they be eaten with vyneger or mustarde, lykewise it helpeth the splene. It is colde in the fyrste degree, and moyste in the se-conde.

Porslan.

¶ Pourslan.

Dothe mitigate the great heate in all the inwarde partes of the body, semblably of the head and eies: also it repressethe the rage of Venus, but if it be preserued in salte or vyne, it heateth and pourgeth the stomache. It is colde in the .iii. degree, and moyst in the seconde.

¶ Charuayle.

Is very profitable vnto the stomache, but it maye not sustayne verye muche boylynge, eaten with vyneger, it prouoketh appetite, and also vrine. The decoction therof dyounke with wine, clenseth the bladder.

¶ Sorell.

Beynge sodden, it loseth the dealy. In a time of pestilence, if one beynge fastinge, doo chewe some of the leaues, and sucke downe the iuyce, it meruaylousely preserueth from infections, as a newe practiser called Guainerius dothe write. And I my selfe haue proued it in my householde. The sedes therof brayed and dyounke with wine and water, is very hollome againste the colycke and frettinge of the guttes: it stoppethe fluxes, and helpeth the stomake annoied with repletion. It is colde in the thyrde degree, and dye in the seconde. Dioſco. lib. 2. c. 106.

¶ Persely

Is very conuenient to the stomake, and comforteth appetite, and maketh the breathe swete, the sedes and roote causeth vrine to passe well, and breaketh the stone, dyssolueth wyndes, the rootes boyled in water, and therof oxymel being

made, it dyssolueth flewme, and maketh good digestion. It is hotte and dry in the thyrde degree.

¶ Fenell

Beynge eaten the seede or rote maketh abundance of mylke, lykewyse drunke with ptisane or ale. The sede somwhat restrayneth fluxe, prouoketh to pysse, and mitygateth fretynges of the stomacke and guttes, specially the decoction of the roote, yf the matter, causynge frettynge, be colde, but if it be of a hotte cause, the vse therof is daungerouse, for inflamation or exulceration of the raynes or bladder. It is hotte in the third degree, and dry in the fyrste.

Galen. simpli. de medicamēt lib. 3. ca. 74.

¶ Anyse sede

Maketh swete breathe, prouoketh vryne, and dryueth downe thynges, cleauyng to the raynes, or bladder, stryreth vp courage, and causeth abundaunce of mylke. It is hotte and dry in the thyrde degree.

¶ Beanes.

They make wynde, howe so ewer they be ordered: the substaunce, whiche they do make, is spungye, and not fyrme, all be it they be absterssyue, or clensinge the bodye, they tarye longe, or they be digested, and make grosse iuyce in the bodye, but yf onyons be sodden with them, they be lasse noyfull.

¶ Pealyn

Are muche of the nature of beanes, but they be lasse wyndy, and passethe faster out of the body, they be also absterssyue, or clensyng, specially white pealon, and they also cause metely good nou-

nourishynge, the huskes taken awaye. And the brothe wherin they be sodden, clenseth right wel the raynes and bladder.

¶ Rape rootes and Nauewes. Cap. 9.

The iuyce made by them is very grosse, and therfore bring moche eaten, if they be not perfytely conforte in the stomake, they do make crude or rawe iuyce in the vaynes. Also if they be not well boyled, they cause wyndes, and annoy the stomake, and make sometyme frettinges: If they be wel boyled fyrst in cleane water, and that beinge caste awaye, the seconde tyme with fatte flesshe, they nourishe muche, and do neyther lowse nor bynde the bealye. But Nauewes doo not nourysshe so moche as rapes, but they be euen as wyndy.

Turnepes.

Beynge welle boyled in water, and after with fatte flesshe, nourysheth moche, augmenteth the sede of man, prouoketh carnall lust. Eaten rawe they styre vp appetite to eate, being temperately vsed, and be conuenient vnto them, whiche haue putrified matter in their brestes or lunges, causynge theym to spytte easily, but beynge moche and often eaten, they make rawe iuyce and wyndynesse.

Parsnepes and carettes

They do nourysshe with better iuyce than the other rotes, specially carettes, whiche are hote and dry, and expelleth wynd. Not withstandinge muche vsed they ingender yll iuyce, but carettes

Gal. sup. me-di. lib. 7.

taſſe than parſnepes, the one and the other, expelleth vrine.

¶ Radiſſhe rootes

Paulus Aegineta. Dioſcor

Haue the vertue to extenuate or make thynne, and alſo to warme. Alſo they cauſe to breake wynde, and to pyſſe: beinge eaten afore meales, they let the meate, that it may not diſcende, but beinge eaten laſt, they make good digeſtion, and louſeth the bealy, thoughe Galenus wryte contrary. For I, amonge dyuerſe other, by experyence haue proued it: Not withſtandynge they be vnholſome for theym, that haue continually the goute, or peyne in the ioyntes.

lib. 7. de alimentis.

Garlyke.

¶ It dothe extenuate and cutte groſſe humours and ſlymy, dyſſolueth groſſe wyndes, and heateth all the body, alſo openeth the places, whiche are ſtopped, generally where it is welle digeſted in the ſtomake: it is holſom to diuers purpoſes, ſpecially in the bodye, wherein is groſſe matter, or moche colde incloſed, if it be ſodden vntylle it loſeth his tarteneſſe, it somewhat nouryſſherhe, and yet looſeth not his propertie, to extenuate groſſe humours, beynge ſodden in mylke, it proffyteth moche againſt diſtillations from the heade into the ſtomake.

Onyons.

Do alſo extenuate, but the longe onyons more than the rounde, the redde more than the white, the drye more than they whiche be greene: alſo rawe more thanne ſodden, they ſtyre apetite to meate, and put away lothſomneſſe, and lowſe the bealy, they quicken ſighte, and beinge eaten in great abundance with meate, they cauſe one

to

to sleape soundely.

Leekes

We of yll iuyce, and do make troublous dreames, but they do extenuate and clense the bodye, and also make it soluble, and prouoketh vrine. Moreouer it causeth one to spytte out easyly the fleume, whiche is in the breast. Glen. 7. cap. 138.

Sauge.

It heateth, and somewhat byndeth, and therwith prouoketh vryne, the decoction of the leaues and braunches beinge drunke. Also it stoppeth bleedynge of woundes, beynge layde vnto them. Moreouer it hath ben proued, that women, whiche haue ben longe tyme without chyldrene, and haue drunke .x. ounces of the iuyce of sauge, with a grayne of salte a quarter of an houre before, that they haue companyed with theyr husbondis, haue conceiued at that tyme. It is hotte and dryc in the thyrde degree, the vsynge therof is good agaynste palseys.

Isope

Doth heate and extenuate, whereby it digesteth clymye fleume. beynge prepared with fyges, it pourgeth fleume downeward, with hony and water vpward, boyled in vineger, it helpeth the totheake, if the tethe be washed therewith, it is hotte and dryc in the thirde degree.

Bourage.

Comforteth the harte, and maketh one mery eaten rawe before meales, or layde in wyne that is drounke. Also mollyfieth the bealye, and prepareth to the stoole. It is hotte and moyst in the myddell of the fyrste degree.

Sauery

Purgeth fleume, helpeth digestion, maketh quycke sight, prouoketh vrine, and stirreth carnal appetite. It is hot and dry in the third degree.

Rokat

Heateth moche, and increaseth sede of man, prouoketh courage, helpeth digestion, and somwhat louseth. It is hotte and moyste in the seconde degree.

Tyme

Dyssolueth wyndes, breaketh the stone, expelleth vrine, and ceaseth frettynges. It is hot and dry in the thirde degree.

Penyryall

Doth extenuate, heate, and decocte, it reformeth the stomake, oppressed with fleume, it doth recomforte the faynt spirite, it expelleth melancoly by syege, and is medicinable agaynst many diseases. It is hot and dry in the third degree.

Towncresses,

Lib. 1. Paulus dyscommendeth, saying, that it resysteth concoction, and hurteth the stomacke, and maketh yll iuyce in the bodye, taken as medicine, it helpeth many diseases. It is hotte and dry in the third degree.

Rosemary

Hath the vertue to heate, and therfore it dissolueth humours congeled with colde: It helpeth agaynst palseys, falling syckenes, old diseases of the breast, tourmentes or frettyng, it prouoketh vrine and sweat: it helpeth the cough taken with pepper and hony, it putteth away tothe ake, the coote beinge chewed, or the iuyce therof put into

the

the toothe, beinge bourned, the fume therof reſiſteth the peſtilence: the rynde therof ſodden or burned, and the fume receiued at the mouth, ſtoppeth the reume, which falleth out of the head into the chekes or thyote: whiche I my ſelfe haue proued, the greene leaues bruyſed, doo ſtoppe the hemoroides, if they be layde vnto theym: that herbe is hotte and dryc in the thyrde degree.

¶ Spices growynge out of this realme uſed in meate and drynke. Cap. 10.

Pepper.

BLacke pepper is hotteſt, and mooſte dry white pepper is next, longe pepper is moſt temperate. The generall propertie of all kyndes of pepper is to heat the body, but as Galene ſaithe, it perceth downewarde, and dothe not ſpreade into the vaynes, if it be groſſe beaten, It diſſolueth fleume and wynd, it helpeth digeſtion, expulſeth vrine, and it helpeth agaynſt the diſeaſes of the breſte, procedyng of colde. It is hot in the fyrſt degree, and dry in the ſeconde.

¶ Gynger

Heateth the ſtomacke, and helpeth digeſtyon, but it heateth not ſo ſoone as pepper: but afterwarde the heate remayneth longer, and cauſeth the mouthe to be moyſte: Beynge greene, or well confectioned in ſyrope, it comforteth moche the ſtomake and head, and quyckneth remembrance, if it be taken in the morowe faſtynge. It is hotte in the ſeconde degree, and dryc in the fyrſt.

¶ Saffron

Somewhat byndeth, heateth, and comforteth the stomake, and the harte specially, and maketh good digestion, being eaten or drunken in a smal quantitie. It is hotte in the seconde degree, and drye in the fyrste.

¶ Cloues

Hath vertue to comforte the synewes; also to consume and dyssolue superfluous humoures, They be hotte and drye in the thyrde degre, foddē with milke, it comforteth the debilitie of nature.

¶ Maces.

Dioscorides commendeth to be drunk against spittynge of bloudde, and blouddy fluxes, and excessiue laxes. Paulus Aegineta addeth to it that it helpeth the colyke, They be hotte in the seconde degree, and drye in the thyrde degree. It is to the stomake very commodious, taken in a lyttell quantitie.

¶ Nutmygges

With their swete odour comforte and dissolue, and sometyme comforteth the power of the sight and also the braine in colde discrasies, and is hot and drye in the seconde degree.

¶ Of Breade. Cap. 11

Galen de aliment. 2.

Breade of fyne floure of wheate, hauynge no leauen, is slowe of dygestion, and maketh slymye humours, but it nourissheth moch, yf it be leuened, it digesteth soner. Breadde hauynge moche branne, fylleth the bealye with excrementes, and nourysheth lyttell or nothynge, but shortely descendeth from the stomacke, The

meane

meane betwene bothe, sufficiently leuened, welle moulded, and moderatly baken, is the most holsome to euery age. The greattest loues do norish moste laste, forasmoche as the fire hath not exhausted the moysture of them. Hotte breadde slowly passeth. Barley breade clenseth the body, and dothe not nourishe so moche as wheate, and maketh colde iuyce in the bodye.

¶ Of Flesshe. Cap. 12.

Beefe of Englande to Englyshemen, which are in healthe, bringeth stronge nourysshynge, but it maketh grosse bloudde, and ingendreth melancoly, but beinge of yonge oxen, not excedynge the aege of foure yeares, to them whyche haue coleryke stomackes, it is more conuenient thanne chykens, and other lyke fyne meates.

¶ Swynes flesshe.

Aboue all kyndes of flesshe in nourysshyng the body, Galene most commendeth porke, not being of an olde swyne, and that it be well digested of hym that eateth it. For it maketh best iuyce, it is moste conuenient for yonge persones, and them whiche haue sustayned moche labour, and therewith are fatigate, and become weake. Yong pigges are not commended, before that they be one moneth olde, for they doo brede moche superfluous humours.

Lambe,

Is very moyste and fleumatike, wherfore it is not conueniente for aged men, excepte that it be verye dye rosted, nor yet for them, whiche haue in theyr stomakes moche fleume.

Mutton.

Galene doth not commende it, not withstandynge experience proueth here in this realme, that if it be yonge, it is a right temperate meate, and maketh good iuyce: and therfore it is vsed more than any other meate, in all diseases. And yet it is not lyke good in all places, nor the shepe whiche beareth fynest wolle, is not the sweetest in eatynge, nor the moste tender. But I haue founde in some countreys mutton, whiche in whitenesse tenderneſſe and sweteneſſe of the fleshe, mought be well nighe compared to kydde, and in dygestion haue proued as holsome.

Galen. de alimento. 3.

Kydde and veale

Of Galene is commended nexte vnto porke, but some men do suppose, that in helthe and sickness they be moche better than porke, the iuyce of them bothe beyng more pure. And here it is to be noted, that of all beastes, whiche be dry of theyr nature, the yongest be most holsom, of them that are moyste, the eldest are least hurtfull.

Hare, Coney.

Maketh grosse blouddе, it dryeth and stoppeth, but yet it prouoketh a man to pysse. Cony maketh better and more pure nourishement, and is sooner digested than Hare. It is wel proued, that there is noo meate more holsome, or that more cleane, fyrmely, and temperatly nourysheth than rabbettes.

Hippocra. de ratione victus li. 2. cap. 19. Plin. 28.

Dere redde and falowe:

Hippocrates affyrmeth the fleshe of hartes and hyndes, to be of yll iuyce, harde of dygeston, and dry, but yet it moueth veyne. Of falowe dere, he nor any other olde wryter dothe speake

of

of,as I remember. I suppose, bycause there be not in all the worlde,so many as be in England. where they consume a good parte of the best pasture in the realme, and are in nothinge profytable, sauynge that of the skynnes of them is made better lether than is of calues, the huntynge of them beyng not so pleasaunt as the huntynge of other venery or vermyne,the flesshe moche more vnholsome and vnpleasant than of a redde dere, ingendrynge melancoly,and makyng many fearefull dreames,and dispoleth the body to a feuer: if it be muche eaten; not withstandyng the fat ther of(as some learned men haue supposed) is better to be dygested than the leane.

¶*Of byrdes.*

The flesshe of all birdes is moch lighter, than the flesshe of beastes in comparison, most specially of those foules which trust most to their wynges, and do brede in high countreys.

¶*Capons,hennes and chykens*

The Capon is aboue all other foules praised,forasmuch as it is easyly digested, and maketh lytel ordure, & moch good nourishment. It is cõmodious to the brest and stomake. Hennes in wynter are almoost equalle vnto the capon: but they do not make so stronge nourishment. Auicen sayth,if they be rosted in the bealye of a kidde or lambe,they will be the better. Chickens in sommer,specially if they be cockrelles, are very conuenient for a weake stomake,and nourisheth a lyttell. The flesshe of a coeke is harde of digestion,but the broth, wherin it is boyled, lougeth the bealy,& hauing sodden in it Colewortes,

Poly-

Polypodium, or Cartamus, it purgeth yll humours, and is medicinable against goutes, ioynt aches, and feuers, whiche come by courses.

Fesaunt

Excedeth all fowles in sweetenesse, and holsomnesse, and is equal to a capon in nourishing, but he is somwhat dryer, and is of some menne put in comparison, meane betwene a henne and partryche.

Partriche.

Of all fowles is moste soonest digested: and hath in him muche nutrimente, comforteth the braine and maketh sede of generation, and reuiueth luste, whiche is abated.

Quayles.

Although they be of some men commended, yet experience proueth them to increase melancolye, and are of a small nourishynge.

Larkes

Be as well the flesshe as the brothe very holsome: eaten rosted, they do moche helpe agaynste the colyke, as Dioscorides saith.

A Plouer.

Is slowe of digestion, nourysheth lyttell, increaseth melancoly.

Blacke byrdes or oulys.

Amonge wilde foule hath the chiefe praise, for lyghtnes of digestion, and that they make good nouryshement, and lyttell ordure.

Sparowes

Be harde to digeste, and are very hotte, and stireth vp venus, and specially the brains of them

wood-

¶woodcockes

Are of a good temperaunce, and metely lyghte in digestion.

¶Pygeons.

Be easely digested, and are verye holsome to them, whiche are flewmatike, or pure melancoly:

Goose

¶Is harde of digestion, but beynge yonge and fatte, the wynges be easy to digest in a hole stomake, and nourysheth competently.

Ducke,

Is hotter than goose, and harde to digest, and maketh warse iuyce, sauyng the brawnes on the breaste boone, and the necke is better thanne the remnaunt.

Crane and Bustarde.

Crane is harde of digestion, and maketh ylle iuyce, but beinge hanged vp longe in the ayre, he is the lasse vnholsome. Bustarde beinge fat, and kepte without meate a daye or two afore that he be kylled, to expoulse his ordure, and than drawen, and hanged as the Crane is, beinge rosted or baken, is a good meate, and nourysheth well, if he be well digested.

Hearon, Byttour, Shoueler.

Beynge yonge and fatte, be lyghtlyer digested than crane, and the byttour sooner than the hearon, And the shoueler sooner than any of them, but all theese fowles muste be eaten with moche Gynger or Pepper, and haue good olde wyne drunke after them, and soo shall they be more easyly digested, and the iuyce commynge of theym be the lasse noyfull.

The

¶ The partes and membres of byrdes and beastes. Cap. 15.

The wynges, brawnes, and nethe of geese, capons, hennes, fesaunt, partriche, and small byrdes, beynge fatte, are better than the legges in digestion, and lyghter in nourysshynge, Of wilde fouleand pigeons beynge fatte, the legges are better than the wynges, the brawnes of ducke, teale, and wygeon excepte, whyche is better to digest than the resydue.

The gyser or stomake

Of a goose or henne, beinge fatte with branne and mylke, beinge well sodden or made in poulder, is good for the stomake, in makyng it strong to digeste, and nourisheth competently.

The lyuer

Of a capon, henne, fesaunt, or goose, beynge made fatte with mylke myxte with their meate, is not onely eaby to digest, but also maketh good iuyce, and nourisheth excellently. But the lyuers of beastes be yll to digeste, passeth slowely, and maketh grosse bloud, but it is strong in norishing

The inwarde of beastes, as trypes, and chyttterlinges.

The flesshe of theym is more harde to dygeste, And therfore although they be well dygested, yet make they not iuyce naturally sanguine or clene, but rawe iuyce and colde, and requyreth a longe tyme, to be conuerted into bloudde.

The lunges or lyghtes

Are more easye to digeste than the lyuer, and lasse nourisheth, but the nourysshement, that it maketh, is fleumatyke. All be it the lunges of a

Fore

Fore, is meditynable for them, whiche haue syknesse of the lunges.

¶ The splene or mylte.

Is of yl iuyce, for it is the chamber of melancoly.

The harte

Is of harde flesche, and therfore is not soone digested, nor passeth shortelye, but where he is well digested, the iuyce that it makerh, is not to be dysprayled.

The brayne.

Is fleumatyke, of grosse iuyce, slow in digestynge, noyouse to the stomacke, but where it is well digested, it nourysheth moche.

Marowe

Is more delectable than the brayne, it is yll for the stomake, but where it is well dygested, it norysheth moche.

The stones and vdders

Beinge well digested, do nourysche moche, but the stones are hotter with their moistnesse, the vdders colde and fleumatike, they bothe do increase sede of generation: but the bloudde made of the vdder is better than that, whiche commeth of the stones, except it be of calues and lambes. Also the stones of cockes, maketh commendable nourishment.

The heade.

¶ The flesche thereof nourisheth moche, and augmenteth sede, but it is slowe of dygestion, and noyethe the stomake, but to theim, which vse moche exercyse, it is not commendable.

The tongue

Is of a spoungy and sanguyne substaunce, but the

the kernelles and gristell, whiche are in the roo-tes, yf they be welle digested, they make good nourysheme nt, yf they be not well digested, they make fleume.

¶ *The feete.*

Beynge well boyled and tender, in a holle sto-macke, dygesteth well, and maketh good iuyce, and passeth for the easelye. Galene commendeth the feete of swyne. But I haue proued, that the feete of a ponge bullocke, tenderly sondden, and laide in souse two dayes or thre, and eaten colde in the euenynge, haue brought a cholerike sto-make into a good digestion and sleape, and ther with hath also expulsed salte fleume and choler, and this haue I founde in my self by often expe-rience, alway forsene, that it be eaten before a-ny other meate, without drynkynge immediately after it.

¶ *Of fysshe generally.* Cap. 14.

The beste fysshe after the opinion of Galen is that, whiche swymmeth in a pure sea, and is tossed and lykte vp with wyndes & sourges. The more saulme that the water is, the warse is the fysshe. They whiche are in mud-dy waters, doo make moche fleume and ordure taken in fennes and dyches be warste, beynge in freshe ryuers and swykte, be sometyme commen-dable: All be it generally, all kyndes of fysshe ma-keth more thynner bloudde, than flesshe, soo that it dothe mothe nourysshe, and it doothe sooner passe ouer by vapours: to a hotte choleryke sto-macke, or in feuers, sometyme they be hollsome,

being

beynge newe, freshe, and not very harde in substance or slymy, harde fysshe is harde of digestion but the nourishment therof is more fyrme, than that, whyche is softe: those whiche haue moche grosse humours in theim, are best powdred.

¶ Of Butter. Cap. 15.

Butter is also nourysshynge, and profyteth to them, whiche haue humours superfluouse, in the brest or lounge, and lacketh rispyng and clensynge of them, specially if it be eaten with sugar or honye. If it be well salted, it heateth and clenseth the more.

¶ Of Cheese. Cap 16.

Chese by the hole sentence of all auncyent writers, letteth dygestion, and is enemye vnto the stomake. Also it engendreth vile humours, and bredeth the stone. The chese whiche dothe leaste harme, is softe chese, reasonably salted, whyche some men do suppose, nourysheth moche.

¶ Of Egges. Cap. 17.

Egges of Pelantes, hennes, and partryches be of all other meates moste agreable vnto nature, specially yf they be newe layde: yf they be reere, they doo clense the throte and the breaste. If they be harde, they be slowe in digestion: but beynge ones digested, they do nourysshe muche. Meane betwene reere and harde, they dygeste conuenientlye, and nourysshe quyckely. Egges well poched, are better than rosted. If they be fryed harde, they be of yl nourysshement and doo make stynkynge fumes in the stomake, & doo corrupt other meates with whom they be myngled. They be mooste holsome, whan they be poched.

and most vnholsome, whan they be fried. Dioscorides sayth, If they be souped warme, before any other meate, they do heale the griefes of the bladder, and raynes, made with grauelle: Also sorenesse of the chekes and throte, and spyttynge of bloudde: and they be good agaynst cattarres, or styllynge out of the head, into the stomake.

¶ Of Drynkes, and fyrst of water. Cap. 18.

VNdoubtedly water hath preeminence aboue all other lycours, not onely bycause it is an element, that is to say, a pure matter, whereof all other lycours haue theyr originall substance, but also forasmoche, as it was the very naturall and fyrste drynke, to all mance of creatures. Wherfore the sayeng of Pindarus the poete was euer well allowed, whiche sayth, water is beste. And one thing is to be well consydered, that from the creation of the worlde, vntylle the vnyuersalle deluge or floudde, durynge whiche tyme, men lyued eyghte or nyne hundred yeres, there was none other drinke vsed nor knowen, but water. Also the true folowers of Pythagoras doctrine, dranke onely water, and yet lyued longe, as Appolonius, and other, and in the serchynge oute of secrete and mysticall thynges, their wittes excelled. Moreouer, we haue sene men and women of greate age, and stronge of bodye, whiche neuer, or very seldome, dranke other drinke, than pure water: As by example, in Cornewall, although that the countray be in a very colde quarter, whyche proueth, that yf menne frome theyr infancye, were accustomed to

non

none other drynke but to water onely moderately vsed, it shoulde be sufficient to kepe naturall moysture, and to cause the meate that is eaten to perce and descende vnto the places of dygestion whiche are the purposes that drynke serueth for. But now to the qualities of water, after the sentence of auncient phylosophers and phisitions. The rayne water, after the opinion of the moste men, yf it be receyued pure and cleane, is moost subtylle and penetratiue, of any other waters: The nexte is that, whiche issueth out of a sprynge in the easte, and passeth swyftely, amonge great stones or rockes: The thyrde is of a cleane ryuer, whiche renneth on great harde stones or pebles. There be dyuers meanes to trye out, which is the beste water, for that whyche is lyghtest in poise or weight is best. Also that, whereof cometh leest claym or froth, whan it doth boyle. Also that which wyll soneste be hote. Moreouer deape linnen clothes into sundry waters, & after lay them to dry, and that whiche is soonest drye, the water wherin it was deped is most subtil. After a great surfette, specially taken with superfluous eating of banketyng meates, colde water dronken is a generall remedy. Hippocrates affirmeth, that in sharpe & feruent diseases, none other remedye is to be required than water. And Galene wyl not, that children shuld be let from drinkyng of water but that whan they fele them selues very hotte, after meales, and doo desyre to drinke water, specially of a cleane fountayne, they shuld be suffred Also Hippocrates sayethe, In suche sykenes where as thou feareste, lest the head shuld be vehemently greued, or the mynde perished, there muste thou

De ratione victus in morb. acutis lib. 3.

thou gyue eyther water, or white wyne alayde with moche water. Not withstandynge there be in water causes of sondiers dyseases, as of swellynge of the splene, and the lyuer, it also slytteth and swymmeth, and it is longe or it perceth, in as moche as it is colde and slowe in decoction, it loseth not the bealye, nor prouoketh vrine. Also in this it is vicious, that of his propre nature, it maketh none ordure. Finally, alway respect must be hadde to the persone, that drinketh it, for to yonge men, and theym that be hotte of complexion, it dothe lasse harme, and sometyme it profyteth: But to theym that are feble, olde, fleumatyke, or melancoly, is not conuenient.

¶ Of wyne. Cap. xix.

Plato, the wyseste of all philosophers, dothe affyrme, that wyne moderately dronke, norysheth and comforteth, as wel al the body, as the spirites of manne. And therfore god dyd ordeyne it for mankynde, as a remedye agaynste the incommodities of aege, that thereby they shulde seme to retourne vnto youth, and forgette heuynesse. Undoubtedly wyne heateth, and moysteth the bodye, whiche qualyties chiefely conserueth nature. And Galene of all wynes, commendeth that, which is yelowe and clere, sayinge: That it is the hotteste, and whyte wine leste hotte. And the colour meane betwene bothe, of semblable temperature. The yelowe wyne, whiche is the propre colour of verye hotte wynes, to olde men doth bryng these commodities. Fyrste it heateth all theyr membres, also it purgeth by vrine

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the watery substaunce of the bloude. Moreouer the wynes, whiche be pale or yelowe, and full of substance, they do increase bloudde, & nourysshe the bodye, but for the more parte olde men haue nede of suche wynes, whiche do prouoke urine: for as moche as in them do abounde watrye excrementes, or superfluities, and they whiche doo tary longe in the bealy, be not apte for aged men. Blacke or depe redde wynes and thicke, do binde and congele that whiche they do fynde in the bodye, and althoughe some of them do not longe abyde in the bealy, yet they moue not urine, but rather withdraweth: but yet they doo harme to olde men, for as muche as they do stoppe the chdites of the spleene, the lyuer, and the raynes. Also grosse wynes be beste for them, whiche desyre to be fatte, but it maketh oppilations, olde wyne and cleare is better for them that be fleumatike, Galene also prohibiteth chylderne to drinke any wyne, for as moch as they be of an hot and moist temperature, and soo is wyne: and therefore it heateth and moysteth to muche their bodies, and fylleth their heades with vapours. Moreouer, he wolde, that yonge men shoulde drynke lyttell wyne, for it shall make theim prone to fury, and to lechery: and that part of the soule, whiche is called rationable, it shall make troublous and dulle: not withstandynge, yet it is sommetyme profytable to mitigate or expell ordure, made of coler or melancolye. Also it profytteth agaynste dropthe, whiche happeth in the substaunce of the bodye, eyther by to moche laboure, or by the propre temperature of age: for wyne moysteth and nourysheth that, whiche is to drye, also mitiga-

Libr. i. de tuend. sanitat.

teth and dissolueth the sharpenes of choler, and purgeth it also by vryne and sweate. Finally (as Theognes saith) Woche drynkynge of wyne is yll, but moderate drynkyng of wyne is not onely not yll, but also commodious and profytable, whiche sentence is confyrmed by Jesus Syrac, in the boke named Ecclesiasticus, sayeng, Wine moderately dronke, reioyseth both the body and soule. Wherfore to cõclude this chapiter, There is nether meate nor drinke, in the vse whereof ought to be a more discrete moderation, than in wyne, considerynge that beinge good and dronke in due tyme and measure, it not onely conserueth naturall and radicall moysture, whereby lyfe indureth, but also it helpeth the principal mẽbres, whiche belonge to digestion, to doo theyr offyces. On the other part, beyng yll or corrupte or taken out of order and measure, it dothe contrary to all the premysses, besydes that it transfourmeth a man or woman, makyng theym beastly. More of the qualities of wyne, shall be touched hereafter in the order of dyete.

Eccl. 31.

¶Of Mylke. Cap. 20.

Mylke is compacte of three substaunces, creame, whay, and cruddes. The moost excellent mylke is of a woman. The milk of a cowe is thyckest, the mylke of a camelle is moste subtyll, the mylke of a goote is betweene cowe mylke, and camell mylke. Ewes mylke is betweene cowe mylke and asses mylke. Also the mylke of beastes, fedynge in large pastures, and oute of fennes and marshes, is better thanne of them

theym, whiche be fedde in lyttel closes, or in watrye groundes. In sprynge tyme mylke is mooste subtyll, and mylke of yonge beastes, is holsomer, than of olde. To chylderne, olde menne, and to theym, whyche be oppressed with melancolye, or haue the flesshe consumed with a feuer erthike, mylke is conuenient. And generally to all theym, which do not fele the mylke ryse in theyr stomakes after that they haue eaten it: and in those persones, it dothe easyly pourge that, whyche is in the bealy superfluous. And afterwarde it entreth into the vaynes, and bryngeth good nourysshement. Who so euer hath an appetite to eate or dryncke mylke, to the entente that it shall not ayrse or abrayde in the stomake, lette hym put in to a vessell, out of the whyche he wyll receyue it, a fewe leaues of mynte, sugar, or pure honye. And in to that vessell cause the best to be milked, and soo dryncke it warme from the vdder, or els lette hym do as Paulus Egineta teacheth, that is to say, boyle fyrst the mylke with an easy fier, and sethe it after with a hotter fire, and skimme it cleane, and with a spunge draped in colde water, take that cleane away, whiche wold be burned to the vessell, than put to the mylke salt and sugar, and stere it often. Moreouer mylke taken to pourge melancolye, wolde be dronke in the morenyng abundantly newe milked, as is before wrytten. And he that dryncketh, shulde absteyne from meate, and exercise, vntyll the mylke be digested, and haue somwhat pourged the bealy. For with labour it becommeth sowre: and therfor it requyreth reste and watche, or to walke verye softely. Finallye, where men and women

Oribasius de conuictione ciborum. li. 3.

be vsed from their childhode, for the more parte, to mylke, and do eate none or lyttell other meate, but mylke and butter, they appere to be of good complexion and facion of body, and not soo moche vexed with sycknesse, as they whych drynke wyne or ale, not withstandynge moche vse of mylke in menne sanguyne or cholerike, doth ingender the stone.

Of ale, biere, cyder, and whay. Cap. 21.

I Can nether here nor rede, that ale is made & vsed for a common drinke in any other countrey, than Englande, Scotlande, Irelande and Boyle. The latyne worde Ceruisia, is indifferent as well to ale as to biere. If the corne be good, the water holsom & cleane, and the ale or biere well and perfitely brewed & clensed, and by the space of .vi. dayes or more, settled and defecate, it must nedes be a necessarye and conuenient drynke, as well in sycknesse as in helth: considerynge that barley corne, wherof it is made, is cõmended, and vsed in medicine, in al partes of the worlde, & accompted to be of a singular efficacy in reducyng the body into good temper, specially which is in a distemperature of heate. For what auncient phisitiõ is there, that in his workes cõmendeth not ptysane, whyche is none other than pure barley brayed in a morter, & sodden in water, the same thing is smal and clene ale or biere, sauinge that perchaunce, the drienge of the malte is cause of more drith to be in the ale, than in ptisane. And the hoppes in biere maketh it colder in operation. But to saye as I thynke, I suppose

pole, that neyther ale nor beere is to be compared to wyne, conſiderynge, that in theym doo lacke the heate and moyſture, whiche is in wyne. For that beynge moderately vſed, is moſte lyke to the natural heate & moiſture of mans bodye. And alſo the licour of ale and biere, beeng more groſſe, doo ingender more groſſe vapours, and corrupte humours, than wyne doth, beinge dronge in lyke exceſſe of quantitie.

¶ As for Cyder, may not be good in any condition, conſiderynge (as I ſay) that all fruites do ingender yll humours, & doo coole to moche naturall heate: but to them, which haue abundance of red choler, moderatelye vſed, it somewhat profyteth in mitigation of exceſſyue heate. But who that wyll dilygentely marke in the countrayes, where cyder is vſed for a cõmon drynke, the men and women haue the colour of their vilage palled, and the ſkynne of theyr vylage ryuicled, although that they be yonge.

¶ Whay, yf it be left of the butter, being wel ordred, and not drunke, vntil it haue a thick curd of mylke ouer it, like to a hatte, is a right temperate drinke, forasmoch as by the vnctuoſitie of the butter, whereof the whay retayneth some portion, it is both myld and nouriſhyng, & clenſeth the breſt, and by the ſubtilnes of it ſelfe, it deſcendeth sone from the ſtomacke, and is ſhortely digeſted. Alſo by reaſon of the affinite, whiche it hathe with milke, it is conuertible into bloud and fleſhe, ſpecially in thoſe perſones, whiche doo inhabite the northe partes, in whom natural heate is congiu tinate, & therfore is of more puiſſaunce & vertue in the office of concoction. Alſo cuſtome from chyld

F.v. hode,

hoode dothe eleuate the power of meates and drinkes in their disposition, notwithstandynge that the foure humours, sanguine, choler, fleume and melancolye, muste also be considered, as it shall appere in dyuers places hereafter.

¶ Of Hony. Cap. 22.

HOnye as well in meate as in drynke, is of incomparable efficacy, for it not onlye clenseth, altereth, and nourisheth, but also it longe tyme preserueth that vncorrupted, whiche is put into it. In so moche as Plinye saithe, Suche is the nature of honye, that it suffred not the bodyes to putrifie. And he affirmeth, that he did see an Hippocentaure (whyche is a beaste halfe man, halfe horse) brought in honye to Claudius the emperour, oute of Egypte, to Rome. And he telleth also of one Pollio Romulus, who was aboue a hundrede yeres olde, of whom Augustus the emperour demaunded, by what meanes he lyued so longe, and retayned styll the bygoure or lyuelynesse of body and mind: Pollio answered, that he dyd it inwarde with meade (whiche is drynke made with hony and water) outwarde with oyle. whiche sayenge agreeth with the sentence of Democritus, the greatte philosopher: who beynge demaunded, howe a man moughte lyue longe in helthe, he aunswered, If by wette hym within with hony, without with oyle. The same philosopher, whan he was a hundred yeres olde and nyne, prolonged his lyfe certayn dayes with the euaporation of hony, as Aristorenus writeth. Of this excellent matter, mooste wonderfully wrought and gathered by the lyttel bee,

Plin. li. 22.

as

as well of the pure dewe of heuen, as of the moſt ſubtyll humour of ſwete and vertuous herbes & flowres, be made likoꝛs cõmodious to mankynd, as meade, metheglyn, and oximel. Meade whiche is made with one parte of honye, and foure tymes ſo moche of pure water, and boyled vntille no ſkymme do remaine, is moch commended of Galene, dꝛunke in ſommer, foꝛ pꝛeſeruynge of healthe. The ſame authoꝛ alwaye commendeth the vſynge of hony, eyther rawe eaten with fine bꝛeade ſomwhat leuened, oꝛ ſodden, and receyued as dꝛinke. Alſo meade perfectelye made, clenſeth the bꝛeaſt and lunges, cauſeth a man to ſpyt eaſily, and pyſſe abundantlye, and purgeth the bealy moderately. Methegelyn, whiche is mooſte vſed in wales, by reaſon of hotte herbes boyled with hony, is hotter than meade, and moꝛe comfoꝛteth a colde ſtomake, yf it be perfectly made. and not newe oꝛ very ſtale. Oximell is, where to one parte of vyneger is put double ſo moche of hony, foure times as much of water, and that beynge boyled vnto the thyꝛde parte, and cleane ſkymmed with a fether, is vſed to be take, where in the ſtomake is much fleume oꝛ matter vndigeſted, ſoo that it be not redde choler. Loke the vſe therof in Alexãdꝛo Trallíano. Many other good qualities of hony I omyt to wꝛite of, vntil ſome other occaſion ſhall happen, to remember theym particularly, where they ſhal ſeme to be profitable.

Libr. 4. de tuendis ſanitat.

¶ Sugar. Cap. 23.

OF ſugar, I do fynd none auncient authoꝛ of Grekes oꝛ latines, to wꝛyte by name but onely Paulus Aegineta, who ſayth

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in this wyse, after that he hath treated of hony. Moreouer sugar, which they call honye, that is brought to vs from Arabia, called Felix, is not so swete as oure hony, but is equalle in vertue, & doth not anoy the stomake, nor causeth thyrste. These be the wordes of Paulus. It is nowe in daylye experience, that sugar is a thinge verye temperate and nourysshynge, and where there is choler in the stomake, or that the stomake abhorreth hony, it may be vsed for hony in all thinges, wherin hony is required to be. With sugar and vineger is made syrupe acetose.

Of tyme: Cap. 24.

wynter.

In the consideration of tyme, for takynge of meates and drinkes, it is to be remembred, that in wynter meates oughte to be taken in great aboundaūce, and of a more grosse substance than in sommer, forasmuch as the exterior ayre, whiche compasseth the body being cold, causeth the heat to withdraw into the inner partes, where beinge inclosed, & gathered nigh together in the stomacke and entrayles, it is of more force to boyle & digest that, which is receiued into it. Also meates rosted, are than better that sodden, and flesshe and fisshe powdred, is than better than in sommer. Herbes be not then cōmēdable, specially raw, nether fruites, excepte quynces rosted or baked. Drink shuld be than taken in litel quantitie. Moreouer wynes shall nede no water, or very lytel, and that to colerike persones: redde wynes, & they which be thicke and swete, may be than most surely taken of them, which haue none

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oppilations, or the stone. Alway remembre, that in wynter fleume increaseth by resone of rayne and moystnesse of the season, also the lengthe of nyghtes and moche reste. And therfore in that tyme cholerike persons, ar best at ease, semblably are yong men, but to olde men wynter is ennemy It beginneth the. viii. day of Nouember, and endureth vntyll. viii. day of February.

Gal. in comment. in apho. 2. libri. 3.

The sprynge tyme dothe participate the fyrste parte with wynter, the latter parte, with Sommer. Wherfore yf the fyrste parte be colde, than shall the dyete be accordynge to wynter. If the ende be hotte, than shall the dyete be of sommer. If bothe partes be temperate, than shulde there be also a temperaunce in diete: alwaye consyderyng, that fleume yet remayneth, and bloud than increaseth. And meate wolde be lasse in quantitie than in wynter, and drynke somewhat more. Springe tyme begynneth the. viii. daye of February, & continueth vnto the, viii. day of Maye.

Sprynge tyme.

Hippocrates de natura humana.

In Sommer the inward heat is but lytel, & the stomake doth not digest so strongly nor quyckly, as in wynter, wherefore in that season, eatynge often, and a lyttell at ones, is moost conuenient. And Damascenus saythe, that fastynge in sommer drieth the bodye, maketh the colour salowe, ingendreth melancolye, and hurteth the syght, also boyled meate, breadde steped in whyte brothe, with sodden lettyse, or cykorie, are than good to be vsed. also varitie in meates, but not at oone meale potages made with colde herbes, drynke in more abundaunce, wyne alaide with water, to hotte complexions moche, to colde natures lasse. In this season bloudde increaseth, and towarde the

Gal. com. in aphor. 18. libri. i.

Sommer.

Hippocrates de humoribus

Gal. in comēt. in apho.

the ende therof, choler. And therfore they, whiche be colde of nature and moyste, are than beste at ease, hotte natures and dyre warste. Moreouer, chyldren, and very yonge men in the begynnynge of sommer, are holest, olde folke in the latter ende and in harueste, sommer beginneth the. viii. daye of May, & cōtinueth vntil the. viii. day of Auguste Autumne beginneth the. viii. day of Auguste, and endeth the. viii. day of Nouember, that season of the yere is variable, & the aire changeable, by occasion wherof, happen sōdry sikenesses, & blod decreseth, & melancoly abundeth: wherfore all sommer frutes wold thā be eschewed, for asmoch as they make yll iuyce and wyndes in the bodye. In this tyme meate wolde be more abundant than in sommer, but somwhat dyer: drink must be lesse in quantitie, but lasse myxte with water. This tyme is daungerous to all ages, all natures, and all countrays, but the natures hotte and moyste, be leste indamaged.

¶ Diete *concerninge sondry tymes of the yere wrytten by the olde phisicion Diocles to Kynge Antigonus.*

FRom the. xii. day of December, at the whiche tyme the day is at the shortest, vntyl the nynth day of Marche, which doo contayne lxxx. dayes, reumes and moystures do increase, than meates and drinkes naturally very hotte, wolde be moderately vsed. Also to drynke abundantly wyne without alay or with lyttell water and to vse lyberally the company of a woman, is not vnholsome to the body.

¶ From the nynthe daye of Marche, at whiche tyme

tyme is Equinoctiũ vernum, vnto the.xxv. daye of Apryll, swete fleume and bloudde do increase therfore vse thou thynges hauynge moche iuyce and sharpe, exercyse the bodye diligently, than maye ye vse lakely the company of a woman.

¶ From the. xx. day of Apryl, to the.xiiii. daye of June, Choler increaseth, than vse all thynges that are swete, and do make the bealy soluble, forbeare carnall company with women.

¶ From the.xiiii.daye of June, at whiche tyme the day is at the lengest, vnto the.xii.day of September, dothe melancoly reigne, forbeare carnall company or vse it moderately.

¶ Frome the.xii.daye of September, vnto the xvii. day of October, do abounde fleume and thynne humours, than wolde all fluxes and dystillations be prohibited, than all sharpe meates and drynkes and of good iuce, are to be vsed, and carnall occupation shulde than be eschewed:

¶ From the. xvii. daye of October, to the. xii. day of December, increaseth grosse fleume, vse therfore all bytter meates, swete wynes fatte meate, and moche exercyse.

¶ Of Ages. Cap. 25.

Chyldren

Chyldren wolde be nourished with meates and drynkes, whiche are moderately hotte and moiste, not withstandynge Galene dothe prohibite theym vse of wyne, bycause it moysteth and heateth to moche the bodye, and fylleth the heades of theym, which are hotte and moyst, with vapoures. Also he permitteth them in hotte wether to drynke clere water of the fountain.

Gal. de tuen. sanit. libr. i.

A chylde

Oribasius de virtute simp. lib. i.

¶ A chylde growyng faste in his members towarde a manne, soo that he semeth well fedde in the bodye, is than to be feared of fulnesse of humours, and yf it be perceyued, that he is replete, than muste be wythdrawen and mynyshed some parte of that nurrymente, and accordynge vnto his age, some euacuation wold be deuised, other while by exercise, walkynge vp and downe fastynge, and before that they eate any meate, lette them exercise them selfes with their owne labors, and do theyr owne accustomed busines, and eate the meates wherunto they be moste vsed, so that it be suche, that maye not hurte theym. And this nede they not to knowe of phisitions, but by experience and diligent serche by theyr stoole, theire norryces shall perceyue what digesteth well, and what doth not.

¶ But if it appere that by excessyue feedynge the bealy of the chylde is fuller and greatter than it was wont to be, and that which passeth by the bealy, is corrupted, or his sweate stynketh, these thynges knowen, yf they eate stronge meates, gyue thē not one kynd of meate, but diuers, that the noueltie of the meate maye helpe, that they maye goo more easyly to the stoole: For yf anye haue an vnreasonable appetite, he is soner recouered, yf he be pourged by a boyle or impostume comen forth and broken, before that the meate be corrupted, & after that let hym eate fyne meates, and beynge ones hole, retourne by lyttel and lyttell to his olde custome.

Yong men.

¶ Yonge men, excedynge the age of .xiiii. yeres, shall eate meate more grosse of substance, colder and moyster, also salades of colde herbes, and

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to drynke seldome wyne, except it be alayde with water. All be it all these thynges muste be tempered accordyng to theyr complexions, & exercyse and quietnes in lyuynge, wherof ye shall reede in theyr proper places hereafter.

¶ Olde men, in whom naturall heate & strength semeth to decay, shulde vse alway meates, which are of qualitie hotte and moyste, and therwithal easy to be digested, and abstayne vtterly from all meates & drinkes, whiche wyll engendre thycke iuyce and slymy, semblably frome wyne, whiche is thicke, swete, and darke redde wynes, and rather vse theym, whiche wyll make thyn humors, and wyll purge well the bloudde by vryne, therfore white or yelowe wynes, and perchaunce frenche claretте wynes, are for theym very commendable. Also wyne prepared with pure hony clarified, wherein rootes of persely or fenelle be steped, specially if they suspecte anye thinge of the stoone or goute. And if they more desyre to clense their raynes and bladder: then it is good to vse small white wine as racked reynysche wyne, or other lyke to it. And sommetyme to stepe ouer nyght therein a persely roote slyt, and somewhat bruysed, and a lyttell lykorice. Fynally, let theym beware of all meates that wyll stoppe the pores, and make obstructions or oppilations, that is to saye, with clammye matter stoppe the places, where the naturall humours are wroughte and digested, the whiche meates I haue before sette in a table. But yf it chaunce theym, to eate any suche meate in abundance, lette theym take shortely suche thynges, as do resyste opilations, or resolue theym. As whyte pepper, bruised and

Olde men.

Paulus Egineta lib. 1. cap. 23.

Opilations what they are.

myrte with theyr meates or dzynke: garlyke also or onyons, yf they abhoze theym not. Alway remembze, that aged men shuld eate often, and but lyttell at euery tyme, for it farreth by theym, as it dothe by a lampe, the lyght wherof is almost extincte, whyche by pouryng in of oyle lyttel and lyttell, is longe kept burnynge: and with moche oyle poured in at ones, it is cleane put oute. Also they muste forbeare all thinges, whiche doo ingendze melancolye, wherof ye shall reade in the table before, and bzeadde, cleane withoute leuen, is to them vnholsome.

Moderation in dyete, hauyng respecte to the strength or weaknes of the person. Cap. 26.

NOwe here it must be considered, that although I haue writ:en a general diete for euery age, yet neuertheleste it must be remembzed, that some chyldzen and ponge men, eyther by debylitie of nature, or by some accydentall cause, as sycknes, or moche study, happen to gather humours fleumatyke or melancoly in the places of digestion, so that cõcoction or digestion is as weake in them as in those, which are aged: Semblably some olde men fynde nature so beneficiall vnto theym, that theyr stomakes and liuers are more stronge to dygeste, than the sayde ponge men, some perchaunce haue moche choler remaynynge in theym. In these cases the sayde ponge men must vse the dyete of olde menne, or nygh vnto it, vntyll the discrasy be remoued, hauynge alwaye respecte to theyr vniuersall com-

p'exions

plexions, as they whiche are naturallye cholerike to vse hotte thinges in a more temperance than they, whiche be fleumatycke, or melancolyc by nature. The same obseruation shall be to olde menne, sauynge that age, of his owne propertie is colde and drye, therfore the olde man, that is cholerycke, shall haue more regarde to moysture in meates, than the yonge man beynge of the same complexion. Forsene alwaye, that where nature is offended or greued, she is cured by that, whiche is contrary to that, whiche offendeth or greueth, as colde by heate, heate by colde, drythe by moysture, moysture by drythe. In that wherby nature shulde be nourysshed in a holc and temperate bodye, thinges muste be taken, whiche are lyke to the mans nature in qualitie and degre. As where one hathe his bodye in a good temper, thinges of the same temperaunce dothe nourisshe hym. But where he is oute of temper, in heate, colde, moysture, or dryeth, temperate meates or drinkes, nothing do profite him, for beynge oute of the meane and perfite temperature, nature requyreth to be therto reduced by contrarye, remembrynge not onely, that contraries are remedye vnto theyr contrarye, but also in euery contrary, consideration be hadde of the proporcion in quantitie. *Hipocrat. aphor. Galen. in commen.*

Tymes in the daye concernynge meales. Cap. 27.

BEsydes the tymes of the yere, and ages, there be also other tymes of eatynge and drynkynge to be remembred, as the sondry

tymes in the daye, whiche we call meales, whiche are in noumbre and distaunce, accordynge to the temperature of the countreye and personne: As where the countrey is colde, and the person lusty, and of a stronge nature, there may mo meales be vsed or the lasse distaunce of time betwene them, Contrariwise in contrarye contrayes and personages, the cause is afore rehersed, where I haue spoken of the diet of the times of the yere, not withstādyng here must be also consideration of exercise and reste, whiche doo augment or appeire the naturall disposition of bodyes, as shal be more declared hereafter in the chapiter of exercise. But concerning the general vsage of countreys, and admittinge the bodies to be ꝑfite state of helth, I suppose that in Englande yong men, vntyl they come to the age of .xl. yeres, maye well eate thre meales in one daie, as at breakefast, dyner, and supper, so that betwene breakefast and dyner, be the space of foure houres at the leaste, betweene dyner and supper. vi. houres, and the breakefast lasse than the dyner, and the dyner moderate, that is to say, lasse than sacietie or fulnes of bealy, and the drinke therevnto measurable, accordynge to the drynesse or moystnesse of the meate. For moche abundance of drink at meale, drowneth the meate eaten, and not onely letteth conueniente concoction in the stomacke, but also causeth it to passe faster then nature requyreth, and therefore ingendreth moche fleume, and consequently reumes, ⁊ crudenes in the veynes, debilitee and slypperneſſe of the stomake, tontinuall flure and many other inconueniences to the body and membres.

But

But to returne to meales, I thynke breakefastes necessary in this realme, aswel for the causes before rehersed, as also for asmuche as choler being feruent in the stomake, sendeth vp fumosities vnto the brayn, & causeth hed ache, and somtyme becometh aduste, and smouldreth in the stomake, wherby happeth perylous sykenes, and somtime sodaine dethe, if the heate inclosed in the stomake haue not other conuenient matter to worke on: this dayly experience proueth, and natural reson confyrmeth. Therfore men and women not aged, hauyng their stomakes cleane without putrified matter, sleppynge moderately and soundely in the nyght, and seynge theim selfe lyghte in the morynge, and sweete breathed, let theym on Goddes name breake their faste: Coleryke men with grosse meate, menne of other complexions with lyghter meate, forsene that they labour somewhat before: semblably their dyner and supper, as I haue before written, so that they sleape not incontinent after theyr meales. And here I wyll not recite the sentences of authors, whiche had neuer experience of englysshe mens natures, or of the iuste temperature of this realme of Englande, onely this counselle of Hipocrates shall be sufficient. We ought to graunt somewhat to tyme, to age, and to custome: not withstandynge where greate werinesse or drythe, greued the bodye, there ought the dyner to be the lesse, and the lenger distance betweene dyner and supper. Also moche reste, excepte a lyttell softe walkynge, that by an vpryght mouyng the meate beynge styrred maye descende. This is alwaie to be remembred, that where one feleth hym selfe full, and greued

Breakefast.

Hipocrat. aph. 18. lib. 1. Gal. de tuenda sanitate.

with his dyner or the sauoure of his meate by eructation aftēdeth, or that his stomake is weke by late syckenesse or muche studye, than it is most conuenient, to absteyne frome supper, and rather prouoke hym selfe to sleape muche, than to eate or drinke any thinge. Also to drynke betweene meales, is not laudable, except very great thyrste constrayneth, for it enterrupteth the office of the stomake in concoction, and causeth the meate to passe faster than it shulde do, and the drinke beinge colde, it rebuketh naturall hete that is worckynge and the meate remaininge rawe, it corrupteth digestion, and maketh crudenesse in the veynes. wherefore he that is thirsty, let him consyder the occasiō. If it be of salt fleume, let him walke fayre and softely, and onely washe his mouthe, and his throote with barley water, or small ale, or lye downe and sleape a lyttell, and so the thyrste wyll passe awaye, or at the leaste be well asswaged. If it happen by extreme heate of the ayre, or by a pure choler, or eatyng of hot spyces, lette hym drynke a lytelle iulep made with cleane water and sugar, or a lyttell smalle biere or ale, soo that he drynke not a greate glutte, but in a lyttell quantitie, let it styll downe softly into his stomake, as he sytteth, and than let hym not moue sodeynly. If the thyrste be in the cutnynge, by eatynge to muche, and drynkynge of wyne, than after the opinion of the beste lerned physycions, and as I my selfe haue often experienced, the beste remedy is, yf there be no feuer, to drynke a good draughte of co'de water, immediately, or els if it be not peinefull for hym to vomyte, to

prouoke

prouoke him therto with a lyttel warme water, and after to washe his mouth with vyneger and water, and soo to sleape longe and soundly, yf he can. And yf in the morynge he fele any fumosities rysynge, than to dryuke iulep of violettes, or for lacke therof, a good draught of very smalle ale or biere somewhat warmed, without eatyng any thynge after it.

Of dyuersitie of meates eaten, whereby helthe is appared. Cap. 28.

NOwe let this be a generall rule, that sondry meates, beynge dyuers in substaunce and qualitie, eaten at oone meale, is the greattest ennemy to helth, that may be, and that whiche ingendreth most sykneſſes, for some meates beynge grosse, and harde to digest, some fine and easy to digest, do require dyuers operations of nature, and dyuers temperatures of the stomake, that is to say, moche heate and temperate heate, whiche maye not be togyther at one tyme. Therfore whan the fyne meate is sufficiently boyled in the stomacke, the grosse meate is rawe, for both iuyces, thone good and perfyte, the other grosse and crude, at one tyme dygested, and sente into the veynes and bodye, nedes must helth decay, and sykneſſes be ingendred. Lykewyse indyuers meates being of diuers qualities, as where some are hotte and moyst, some colde and moyst, some hotte and dryc, some colde and dryc, accordyng therunto shall the iuyce be dyuers, whiche they make in the bodye. And lyke as betweene the

layd qualities is contrarietie, so thereby shall be in the body an vnequal temperature, for asmoch as it is not possible for man to esteme soo iuste a proporcyon of the qualities of that, whyche he receyueth, that the one shall not excede the other in quantite. Wherfore of the layd vnequal mixture, nedes, must ensue corruption, & consequētly sykneſſe. And therfore to a hole man, it were better, to fede at one meale competently on verye grosse meate only, so that it be swete, and his nature do not abhorre it, than on dyuers fyne meates, of sondry substaunce and qualities. I haue knowen and sene olde menne, and olde women, which eatyng only beefe, bakon, cheſe, or curdes, haue continued in good helthe, whome I haue prouyd, that whan they haue eaten sondry fyne meates at one meale, haue sone after felte theym selfe greued with frettinges and hed ache, and after that they haue ben hole againe, there hath ben gyuen to theim one kynde of lyghte meate, they haue done as well therwith, as they were wont to doo with grosse meates, whan they eate it alone, whiche proueth to be true that whyche I haue rehersed. And it is good reason, for after the generall opinion of philosophers and phisitions, the nature of mankynde is beſte contente with thinges most symple and vnmyxte, all thynges tendynge to vnitie, wherin is the onely perfection. Also it is a generall rule of phisike, that where a sycknes may be cured with symples, that is to saye with one onely thyng, that is medicinable, there shuld the phisicion gyue no compounde medycyne myxte with manye thinges. These thynges consyderd, it maye seme to all men

men, that haue reson, what abuse is here in this realme in the continual gourmandyse and dayly fedynge on sondry meates, at one meale, the spirite of gluttony, triumphynge amonge vs in his gloryouse charyot, called welfare, dryuynge vs afore hym, as his prisoners, into his dūgeon of surfet, where we are turmented with catarres, feuers, goutes, pleurefies, frettinge of the guttes, & many other sycknesses, and finally cruelly put to death by them, oftentymes in youth, or in the moste pleasaunt tyme of oure lyfe, whan we wolde most gladly lyue. For the remedy wherof, howe many tymes haue there ben deuised ordynaunces and actes of counsayle, although perchaunce bodyly helthe was not the chiefe occasion therof, but rather prouysion agaynst vayne and sumptuous expenses of the meane people. For the nobilitie was exempted and had libertie to abyde styll in the dongeon, yf they wolde, and to lyue lasse whyle than other men: But whan, where, and howe longe were the sayde good deuyses put in dewe execution, for all that thereof shulde succede double profite, that is to say, helth of body, and ne ese of substance, by eschewynge of superfluous expenses in sundry dyshes? Alas howe longe wylle men fantasye lawes and good ordinaunces and neuer determyne theym. Fantasy procedeth of wytte, determination of wysedome, witte is in the deuisinge and speakynge, but wysedome is in the performance, whiche resteth only in execution. Here I haue almooste forgotten, that my purpose was to wryte of the order of diete, and not of lawes but the feruente loue that I haue to the publique weale of my

Gluttony.

countraye, constrayned me to digresse somewhat from my matter: but nowe wyll I procede forth to wryte of order, whyche in takynge of meates and drynkes is not the leest part of dyete.

Of order in receyuynge of meate and drynke. Cap. 29.

HErbes as well sodden, as vnsodden, also fruites, whiche doo mollyfy and louse the bealye, oughte to be eaten before any other meate, excepte that sommetyme for the repressynge of fumosities, rysynge in the heed by moche drynkyng of wyne, rawe lettyse, or a colde appull, or the iuyce of orenges or lymons maye be taken after meales in alyttel quantitie More ouer all brothes, mylke, rere egges, and meates whiche are pourposely taken to make the belye soluble, wolde be fyrste eaten. All fruites and other meates, that are styptyke or byndyng, wolde be eaten laste after all other. Fruites confectionate specially with hony, ar not to be eaten with other meates. But here it is to be dylygentlye noted, that where the stomacke is coleryke and strong, grosse meates wolde be fyrst eaten, where the stomacke is colde or weake, there wolde fyne meates be fyrste eaten: for in a hot stomake, fyne meates are bourned, while the grosse meate is digesting. Contrarywise in a colde stomacke, the lyttell heate is suffocate with grosse meate, & the fyne meate lefte rawe, for lacke of concoction, where if the fine meate be fyrst taken moderatly, it stereth vp and comforteth naturall heate, and maketh it more able to concocte grosse meates, yf

they

they be eaten afterward: so that it be but in smal quantitie notwithstandyng, as I late affirmed, one maner of meate is moste sure to euerye complexion, forsene that it be alway most cõmonly in conformitie of qualities, with the person that eateth. Moreouer take hede that slipper meates be not fyrste eaten, lest it drawe with it to hastily other meates, or they be digested, nor that stiptik or restraining meates, be taken at the begynning as quynces, peares, and medlars, lest they make let other meates, that they discende not into the bottom of the stomake, where they shulde be digested, not withstanding the cõfection made with the iuyce of quynces, called Dacitonites, taken two houres afore dyner, or supper is commẽded, of Galene, and other, for restoryng appetite, and making good concoction. Also cõcernyng drynke at meales, it wolde not be afore that somewhat were eten. And at the begynnyng the drink wold be strongest, & so toward the ende more smal, yf it be ale or bere, and if it be wine more & more alaid with water. And after the better opinion of phisitions, the drinke wold rather be mixte with the meate by sondry lytle draughtes, than with one great draught at the end of the meale, for the mixture tempreth well the meate without anoyance, a great draught with moch drynk, drowneth the meate, rebuketh natural hete, that than worketh in concoction, & with his weyght driueth downe the meate to hastily. Hot wines and swete, or cõfectioned with spices, or very stronge ale or bere are not conuenient at meales, for the meate is by them rather corrupted than digested, & they make hot and stinkyng vapors ascende vp to the brayns.

Drynke at meales.

nes. All be it if the stomake be very wyndy, or so colde and feble, that it canne not concocte suche a quantitie of meate, as is required to the suffycient nourysshment of the bodye of hym that eateth, or hath eaten rawe herbes or fruites, whereby he feleth some anoyance, than may he drinke last incontinent after his meale, a lyttell quantitie of secke, or good aqua vite in small ale, but if he haue moche choler in his stomacke or a hed ful of vapours, it were moche better, that he dydde neyther drinke the one, nor the other, but rather eate a lyttell colyander sede prepared, or a piece of a quynce rosted, or in a marmelade, and after reste, to amende the lacke of nature with slepe, moderate exercyse, and playsters prouyded for comfortynge of the stomake. And here wyll I leaue to wryte any more of the diete in eating, & drinkynge, sayynge that I wolde, that the reders shulde haue in remembraunce these two counsailes. Fyrst, that to an hole man, to precise a rule is not conuenient in diete, & that the diseases, whiche do happen by to muche abstinence, are warse to be cured, than they whiche come by replecion. And Cornelius Celsus sayethe, A man that is hole and well at ease, and is at his lybertie, ought not to bynde hym selfe to rules, or nede a physytion: but yet where the stomake is feble, as is of the more parte of citezens, and well nigh allthey that be studious in lernyng or weyghty affayres, there oughte to be more circumspection, that the meate may be suche, as that eyther in qualitie or quantitie, nature beynge but feble, but not rebuked or to moche oppressed.

Corne. Cel. lib. 1. cap. 1.

Idem. cap. 2.

Of

Of slepe and watche. Cap. 50

The commoditie of moderate slepe, appereth by this, that naturall heate, whyche is occupied about the matter, wherof procedeth nourysshemente, is comforted in the places of dygestion, and so digestion is made better, or more perfite by slepe, the bodye fatter, the mynde more quiete and clere, the humoures temporate: and by moche watche al thinges happen contrarye. The moderation of sleape muste be measured by helthe and sycknesse, by age, by tyme, by emptines or fulnesse of the bodye, and by naturall complexions. Fyrste to a hole man, hauynge so debilitie of nature, and dygestynge perfitelye the meate that he eateth, a lyttell slepe is suffycient: but to them, whiche haue weake stomakes, and do digeste slowely, it requireth, that sleape be moche lengar, semblable temperance is required in youth and age, wynter and sommer. The bodye being full of yll humours, very lyttel slepe is sufficient, except the humours be crude or raw for than is slepe necessary, whiche digesteth them better then labour. Semblably where the bodye is longe empty, by longe sycknesse or abstinence, slepe comforteth nature, as well in the principall membres, as in all the other. Also regarde muste be hadde to the complexion, for they that ar hotte and do eate lyttell, and digeste quyckely, a littell sleape serueth, specially to cholerike personnes, for in them muche slepe augmenteth heate, more than is necessary, wherby hote fumes and inflamations are often ingendred, and sometyme the naturall choler is aduste or putrified, as experyence

ence teacheth. Flematike persons are naturally inclyned to slepe: and bycause ther ingender moche humours, they require more slepe than sanguine or cholery &c. Persones hauynge naturall melancoly, not procedynge of choler adust, doo require very muche sleape, whiche in them comforteth the powers anymall, vitall, and natural, which ye may find writē in the tables preceding. Sleape wolde be taken not immediatelye after meales, and before that the meate is dyscended from the mouth of the stomacke. For thereby is ingendred peynes and noyse in the bealy, and digestion corrupted, and the sleape by yll vapours, ascendyng, made vnquicte and troublous. Moze ouer immoderate slepe maketh the body apte vnto palseys, apoplexis, fallyng sickenes reumes, & impostumes. Also it maketh the wyttes dulle, and the bodye slowe and vnapte to honest exercyse. Semblablye immoderate watche dryeth to moche the body, and bothe debilitate the powers anymall, letteth digestion, and maketh the body apte to consumptions. Wherfore in these two thynges, as well as all other, a dilygent temperance is to be vsed, the moderation is best conjectured (for it is harde perfitely to knowe it) by the sensible lyghtnes of all the body, specyally of the brayne, the browes, and the eyes, the passage downe of the meate from the stomake, the wylle to make vryne, and to go to the stoole. Contrary wyse, heuines in the body and eyes, and sauor of the meate before eaten, signifieth that the sleape was not sufficient. They that are hole must slepe fyrst on the right side, bycause the meate may approche to the lyuer, whiche is to the stomake, as

fyrst

fyre vnder the potte, and by hym is dygested. To them, whiche haue feeble dygestion, it is good to slepe prostrate on theyr bealyes, or to haue theyr bare hande on their stomakes. Lyeng vpright on the backe, is to be vtterly abhorred.

The commodite of exercyse, and the tyme w han it shulde be used. Cap. 31.

EVery meuyng is not an exercise, but onely that whiche is vehement, the end wherof, is alteration of the breath or wynde of a man Of Exercyse do procede two commodities, euacuation of excrementes, and also a good habyte of the body, for exercise beynge a vehement motion, thereof nedes muste ensewe hardenesse of the members, wherby labour shal the lesse greue, and the body be the more stronge to labour. Also ther of commeth augmentation of heate, whereby happeneth the more attraccion of thynges to be dygested, also more quycke alteracion, and better nourysshynge. Moreouer, that all and syngular partes of the bodye, be therwith somewhat humected. Whereby it happeneth, that thynges harde be mollyfied, moyste thynges are extenuate, and the poores of the bodye are more opened. And by the vyolence of the breathe or wynde, the poores are clensed, and the fylthe in the bodye naturally expelled. This thinge is soo necessary to the preseruation of helth, that without it, noo man may be longe without sycknes, whiche is affirmed by Cornelius Celsus, sayenge, that sluggysshnes dulleth the bodye, labour doth strength it, the fyrst bryngeth the incom-

Corne. Cel. lib. 1.

commodities of age shortly, the last maketh a mā longe tyme lusty. Not withstandynge in exercise ought to be foure thynges diligently considered, that is to saye, the tyme, the thynges precedynge, the qualitie, and the quantitie of exercyse.

¶ Fyrst as concernynge the tyme conuenient for exercise, that it be not whan there is in the stomake or bowels, great quātitie of meat not sufficyently digested or of humours crude or rawe, leste thereby peryll mought insue by conueyaunce of them into all the membres, before those metes or humours be concocte or boyled sufficiently.

Li. 1. de tuenda sanitate.

Galene sayth, that the tyme most conuenient for exercyse is, whan bothe the fyrste and seconde dygestion is complete, as welle in the stomacke, as in the veynes, and that the tyme approcheth to eate eftesones. For yf ye doo exercise sooner or later, ye shall eyther fylle the bodye with crude humours or elles augment yelowe choler. The knowledge of this tyme is perceyued by the colour of the vryne, for that whyche resemblethe vnto clere water betokeneth, that the iuyce, whiche commeth fromē the stomacke, is crude in the vaynes: that whyche is well coloured, not to hyghe or bale, betokenethe that the seconde dygestion is nowe perfecte: where the coloure is verye hyghe or redde: hit sygnyfyeth, that the concoction is more thanne suffycyente.

Wherefore whanne the Vryne apperethe in a temporate coloure, not redde nor pale, but as it were gylte, thanne shoulde exercyse haue his begynnynge.

Of

Of fricasies or rubbinges precedynge exercise. Cap. 32.

And touchynge thynges precedynge exercyse, forasmoche as it is to be feared, leste by vehement exercyse any of the excremētes of the bealy or bladder, shulde hastely be receyued into the habite of the bodye, by the violence of heate, kendled by exercise, also leste some thynge, whiche is hole, be by heuynesse of excrementes, or vyolent motion, broken or pulled out of his place, or that the excrementes, by vyolence of the breathe, shulde stoppe the poores or cundites of the bodye, it shall be necessarye lyttell and lyttell, by chafynge the bodye, fyrst to mollyfye the partes consolidate, and to extenuate or make thinne humours, and to lowse and open the poores, and than shall ensue to hym that exercyseth, no perylle of obstruction or rupture. And to bringe that to passe, it shall be expedient, after that the body is clensed, to rubbe the bodye with a course lynnen clothe, fyrste softely and easylye, and after to increase more and more, to a harde and swyfte rubbynge, vntyll the flesshe do swelle, and be somewhat ruddy, and that not only downe right, but also ouerthwart and round. Some do vse fricasies in this forme, in the mornynge, after that they haue ben at the stole, with theyr shirte sleues or bare hande, if theyr flesshe be tender, they do fyrste softely, and afterward faster, rubbe theyr breaste, and sydes downwarde, and ouerthwarte, not touchyng their stomake or bealy, and after cause their seruaunt semblablye to rubbe ouerthwart theyr shoulders, and backe,

Galenus. Paulus. Oribasius. Aetius.

beginnyng at their neckbone, and not touchynge the raynes of their backe, excepte they doo feele there moche colde and wynde, and afterwarde theyr legges frō the knees to the ancle: last theyr armes from the elbowe to the handwreste. And in this forme of fricasye I my selfe haue founden an excellent commoditie. Olde men, or they whiche be very drye in their bodies, yf they put to some swete oyles, as yrinum, Nardium, Chamemelium, or other lyke, myxte with a lyttell swete oyle of roses, I suppose they do well. I wyll not here speake of oyntmentes vsed in olde tyme amonge the Romaynes and Grekes, in fricasyes or rubbynges. For I suppose, that they were neuer here vsed, and in the sayde places, they be also lefte, onelesse it be in palseyes, or apoplexies or agaynst the rygour, whiche hapneth in feuers onely. I wyll remember the sayenge of Hipocrates, Fricasye hath power to lowse, to bynde, to increase flesshe, and to mynysshe it. For harde fricasies doo bynde or consolydate, softe rubbynge dothe lowse or mollyfy, moche doth mynish flesh, meane rubbinge dothe augment or increase it. He that wyl know more abundantly hereof, let him reade the booke of Galene of the preseruation of helthe, called in latyne De tuenda sanitate, translated moste truely and eloquently, out of Greke into Latyne, by douctour Lynacre, late phisition of moste worthye memorye to our soueraygne lorde kynge Henry the viii.

The same matter is wrytten more briefely of Paulus Egineta, Oribasius, Aetius, and some other late wryters, but vnto Galene not to be compared.

The

¶The diuersities of exercises. Cap. 33.

The qualitie of exercyse, is the diuersytye therof, forasmoche as therin be many differences in mouynge, and also some exercyse moueth moze one part of the body, some an other. In dyfference of mouynge, some is slowe oz softe, some is swyfte oz faste, some is stronge oz violent, som be myxt with strength and swyftnesse. Stronge oz violent exercyses be these, deluynge (specially in tough clay and heuy) bearyng oz susteynyng of heuy burdeynes, clymmynge oz walkyuge against a steepe vpzyght hill, holdynge a ropz, & clymmynge vp therby, hangynge by the handes on any thynge aboue a mannes reache, that his feete touche not the grounde: standynge and holdynge vppe, oz spzeadyng the armes, with the handes faste cloſed, and abydynge soo a longe tyme. Also to holde the armes stedfaste, tawlynge an other man, to assaye, to pulle theym out, and not withstandynge he kepeth his arme stedfaste, inkozeynge therevnto the synewes and muscules. Wzastlyng also with the armes and legges, yf the persones be equall in strength, it dothe exercise the one and the other: yf the one be stronger, than it is to the weaker a moze vyolent exercise. All these kyndes of exercyses, and other lyke them, doo augment strengthe, and therfoze they serue onely foz yonge menne, whyche be inclined, oz be apte to the warres. Swyfte exercyse withoute violence is, rounnyge, playenge with weapons, tenyse, oz throwynge of the balle, trottyng a space of grounde fozwarde and backewarde, goynge on the toes, and holdynge

vppe the handes. Also styrrynge vp and downe his armes. without plummettes. Vehemente exercyse is compounde of vyolente exercyse, and swyfte, whan they are ioyned togither at oone tyme, as daunsynge of galyardes, throwynge of the balle, and rounnyng after it: footeballe play may be in the number thereof, throwynge of the longe darte, and continewynge it many tymes, rounnynge in harneys, and other lyke. The moderate exercise is longe walkynge or goynge a iourneye. The partes of the bodye haue sondry exercyses appropried vnto theym, as rounnynge and goynge is the moste proper for the legges. Wouynge of the armes vp and downe, of stretchynge theym oute, and playenge with weapons, serueth moste for the armes and shoulders, slowpynge and rylynge oftentyme, or lyftynge greate weyghtes, takynge vp plummettes or other lyke poyses on the endes of staues, and in lykewyse, lyftynge vp in euerye hande a speare or morispyke by the endes, specyallye crossynge the handes, and to laye theym downe agayne in their places, these do exercyse the backe and loynes. Of the bulke and lunges the propre exercyse is meuynge of the breathe in syngynge or eryenge. The entrayles, whyche be vndernethe the myddryffe, be exercysed by blowynge, eyther by constraynte, or playenge on Shaulmes or Sackbottes, or other lyke instrumentes, whyche doo requyre moche wynde. The Muscules are beste exercysed with holdynge the breathe in a longe tyme, soo that he, whyche dothe exercyse, hathe welle dygested his meate, and is not troubled with moche wynde in his bodye.

Fy-

Fynally lowde readinge, counterfayte battayle, tenyse, or throwynge the balle, rounnynge, walkynge, adde to shotynge, whiche in myne opinion excede all the other, do exercise the bodye commodiously. Alwaye remember, that the ende of vyolente exercyse is dyfficultie in fetchynge of the brethe. Of moderate exercyse, alteration of breth onely, or the begynnynge of sweatte. More ouer in wynter, runnynge, and wrastlynge, is conuenyent. In sommer wrastlynge a lyttelle, but not runnynge. In very cold wether, moche walkyng, in hotte wether, reste is more expediente. They whiche seme to haue moyste bodyes, and lyue in ydelnesse, they haue nede of violent exercyse. Celsus. 1.

They whiche are leane and cholerycke, must walke softely, and exercyse theym selfes verye temperatelye. The plummettes, called of Galene Alteres, whiche are nowe muche vsed with greatte meune, beinge of equalle weyghte, and accordynge to the strengthe of hym, that exercyseth, are very good to be vsed fastynge, a lyttelle before breakefaste or dyner, holdynge in euerye hande one plummette, and lyftynge theym downe with moche vyolence, and so he may make the exercyse vyolente, or moderate, after the poyse of the plummettes, heuyer or lyghter, and with moche or lyttelle labouryng with them.

THE SECOND

¶ Of Geſtation, that is to ſay, where one is caried, and is of an other thyng meued, and not of himſelf. Ca. 34.

Paulus. Egi. Actius.

THere is alſo an other kynde of exercyſe, whiche is called Geſtation, and is myxte with mouynge and reſte. For alſmoche as the body, ſyttynge or lyeng, ſemeth to reſte, and notwithſtandynge it is meued by that, whyche bearyth it, as lyenge in a bedde, hangynge by cordes or chaynes, or in a cradelle, ſyttynge in a chayre, whiche is caried on mens ſhulders with ſtaues, as was the vſe of the auncient Romayns or ſyttynge in a boote or barge, which is rowed, rydynge on a horſe, whiche aumbleth very eaſyly, or gothe a very ſoft pace. The bedde, cradell, and chayre caryed, ſerueth for theym that are in long and contynuall ſyckeneſſe, or be lately recouered of a feuer. Alſo theym, whyche haue the frenſye or letarge, or haue a lyghte tercyane feuer, or a contidiane. This exercyſe ſwetely aſſwageth troubles of the mynde, and prouoketh ſlepe, as it appereth in chylderne, whyche are rocked. Alſo it is conuenient for them, whyche haue the palſey, the ſtoone, or the gowte. Geſtation in a charyotte or wagon hath in it a ſhakynge of the body, but ſome vehement, and ſome more ſofte, the ſofte ſerueth in dyſeaſes of the heed, and where any matter rounneth downe into the ſtomake and entraples. But the vehement ſhakyng is to be vſed in the greſes of the breaſte and ſtomache. Alſo in ſwellyng of the bodye and legges in dropſyes, palſeys, migraimes, and ſcotomies, whiche is an ymagination of darkeneſſe, beynge

retours

retourned, at the ende of his iourney, he muste sytte vp, and be easyly moued. I haue knowen sayth Aetius, many persones in suche wyse cured without any other helpe. Nauigation or rowynge nygh to the lande, in a calme water, is expedient for them that haue dropsyes, lepsyes, palseyes, called of the vulgar people, takynges, and frauseyes. To be caried on a rough water, it is a violent exercyse, & inducyth sundry affections of the mynde, sometyme feare, sometyme hope, now cowarde harte, nowe hardynesse, one while pleasure, an nother whyle displeasure. These exercyses, yf they be well tempered, they may put out of the body, all longe durynge sycknesses. For that whiche is myxt with reste and mesynge, yf any thynge elles maye, it mooste excellentelye causeth the bodye to be well nourished. Celsus dothe prohibite Gestation, where the bodye feleth peyne, and in the beginninge of feuers but whan they ceasse he alloweth it. *Celsus.2.*

Rydynge moderately and without greke, it doth corroborate the spirite and body aboue other exercises, specially the stomake, it clenseth the senses, and maketh theym more quycke: All beit to the breast, it is very noysful. It ought to be remembred, that as well this as all other kyndes of exercyse wolde be vsed in a hole countrey, & where the ayer is pure and vncorrupted. Forsene, that he that woll exercise do go first to the stole, for the causes rehersed in the last chapiter.

¶ Of uociferation. Cap. 35.

The chiefe exercyse of the breste and instrumentes of the voyce, is vociferation, whiche is syngyng, redyng, or crienge, wherof is the propertie, that it pourgeth naturall heate, and maketh it also subtylle and stable, and maketh the membres of the bodye substantiall and stronge, resyllyng dyseases. This exercise wolde be vsed, of persons shorte wynded, and theym, whiche can not fetche theyr breath, but holdynge theyr necke streight vpright. Also of them, whose flesche is consumed, specyallye aboute the breaste and shoulders. Also whiche haue had apostumes broken in theyr breastes: moreouer of them that are hoorse by the muche moysture, and to them, whiche haue quartayne feuers, it is conuenient, it louseth the humour, that stycketh in the breste, and drieth vp the moysteneſſe of the stomacke, whiche properly the course of the quartayne is wonte to bring with hym, it also profyteth them whiche haue feble stomakes, or doo vompte continually, or doo breake vp sowrenes out of the stomacke. It is good also for greſes of the herde. He that intendeth to attempte this exercise, after that he hath ben at the stoole, and softely rubbed the lower partes, and washed his handes. Lette hym speake with as base a voyce as he can, and walkyng, begynne to synge lowder and lowder, but stylle in a base voyce, and to take no hede of swete tunes or armony. For that nothing doth profyte vnto helthe of the bodye, but to inforce hym selfe to synge greate, for thereby muche ayre drawen in by fetchynge of breathe, thrusteth

steth forth the breaste and stomacke, and openeth and inlargeth the poores. By highe crienge and lowde readynge, are expelled superfluouse humours. Therfore men and women, hauyng theyr bodyes feeble, and their flesshe lowse, and not fyrme, muste reade oftentymes lowde, and in a baase voyce, extendynge out the wynde pype, and other passages of the breathe.

But not withstandynge, this exercyse is not vsed alwaye, and of all persones. For they, in whome is aboundance of humours corrupted, or be muche diseased with crudite in the stomache and vaynes, those do I counsayle to abstayn from the exercyse of the voyce lest moche corrupted iuyce or vapours, may therby be into all the body distributed. And here I conclude to speake of exercise, whiche of them that desyre to remayne longe in healthe, is mooste dylygently, and as I mought say, most scrupulously to be obserued.

THE THYRDE THE THYRDE BOKE.

¶Of Repletion. Cap. primo.

REPLETION IS a superfluous abundance of humours in the bodye: & that is in two maner of wyse, that is to say, in quãtitie, & in qualitie. In quantite as where all the foure humours are moze in abũdaunce, than be equalle in pzopozcion to the bodye, that conteyneth theym, oz where oone humour moche excedeth the remnaunt in quantite. In qualitie, as where the bloudde, oz other humour, is hotter, oz colder, thycker oz thynner, than is conuenient vnto the body. Fyrste where all the humours, beynge superfluously increased, fylleth and extendeth the receptozics of the body, as the stomake, the vaynes, and bowels, and is moste properly called fulnesse, in greke Plethora, in latine Plenitudo. The other is, where the body is infarced, eyther with choler, yelowe oz blacke, oz wyth fleume, oz with watry humours, and is properly called in gecke Cacochymia, in latyn Vitiosus succus, in englishe it maye be called corrupt iuyce. I wil not here write, the subtill and abundant definitions and descriptions of Galen in his bokes de Plenitudine, and in his commentaries vpon the Aphos-

phoziſmes of Hipocrates. Foz it ſhall here ſuf-
fyſe, to ſhewe the operations of repletion good
oz yll, exempttinge them, whiche be curious, and
deſyze a moze ample declaration, to the moſt ex-
cellent warkes of Galene, where he may be ſa-
tisfied, yf he be not determyned to repougne a-
gaynſt reaſon. Hipocrates ſayethe, where meate
is receyued muche aboue nature, that maketh
ſyckeneſſe. Galene declarynge that place ſayethe,
Moze meate than accozdeth with natures mea-
ſure, is named repletion. And afterwarde he ex-
poundeth that worde aboue nature, to ſygnyfye
to moch and ſuperfluouſly, as who ſayth, where
the meate is ſuperfluouſely taken, it maketh ſyk-
neſſe. Foz meate but a lyttell excedinge tempe-
rance, may not forthwith make ſyckeneſſe, but
may yet keepe the bodye within the latitude oz
boundes of helthe, foz the meate that ſhall make
ſyckneſs, muſte not a lyttell excede the exquiſyte
meaſure. The incommodytie, whiche happeth
therby is, that moyſteneſſe is to moche extended,
and naturall heate is debilytate. Alſoo naturalle
heate reſolueth ſomewhat of the ſuperfluouſe
meate and dzynke. And of that, whiche is reſol-
ued of meate vndygeſted, procedeth fumoſitie
groſſe and vndygeſted, whiche aſcendynge vp
into the heed, and touchynge the ryme, wherin
the bzayne is wzapped, cauſeth heed ache, trem-
blynge of the membzes, duſkyſhnes of the ſight,
and many other ſyckneſſes, alſo by the ſharpnes
thereof, it pzicketh and annoyeth the ſynewes,
whiche make ſenſibilitie, the rootes of whome,
are in the bzayn, and from thens paſſeth thzough
all the body. Fynally, the ſayde fumoſitie ingen-
dzed

Lib. 2. aphor.

Apho. 15.
Vbi cibus præter naturam plus ingeſtus eſt hic morbū facit.
Galen. in comm. loco prædicto.

dzed of repletion, percynge the innermoste parte of the sayde synewes, called sensible, it greuously annoyeth the power animall, there consystynge, by the occasion wherof, vnderstandynge and reson, as to the vse of theym, are let and troubled. And also the Tongue, whiche is reasons expositour, is depziued of his office, as it appeareth in them, whiche are dzunke, and them, whiche haue greuous peynes in theyr heed, procedynge of repletion. Sygnes of repletion be these, losse of appetite, delyte in nothynge, slouthfulnesse, dulnesse of the wytte and sences, moze sleape than was accustomed to be, crampes in the body, sterynge oz saltion of the membzes, fulnesse of the vaynes, and thyckenesse of the pulses horrour oz shzouelynge of the body myxte with heate. The remedyes are abstynence. and all euacuations, whereof I wylle make mencyon in the next Chappter.

Oribasius cu poriston li. 1.

¶ Of Euacuation. Cap. 2.

The meates and dzynkes receyued into the bodye, yf the stomake and lyuer do their naturall office, be altered by concoction and digestion, in suche wyse that the beste parte therof, goeth in the nourysshement of the body: the warste, beynge seperate by the membzes officyall, from the resydewe, are made excrementes in sondzy fourmes, and substaunces, whych are lyke in qualytie to the naturall humour, whiche than raygneth moste in the bodye. These excrementes be none other, but matter superfluous, and vnclauery, whiche by natzeall powers may not

Excrementes.

not be conuerted into flesshe, but remaynynge in the body, corrupt the membres, and therfore nature abhorrynge them, desyreth to haue theym expelled. These excrementes be three in noumbre, ordure, vryne, humour superfluous. Moreouer, there be two sortes of ordure, that is to saye, one dygested, whiche passeth by syege, the other vndigested, whiche is expelled by vompte. where I saye dygested, I meane, that it is passed the stomake, and tourned into an nother fygure. Lykewyse I call that vndigested, whyche styll retayneth the fygure of meate. Vryne is the watrye substaunce of the bloudde, lyke as whaye is of mylke, whiche out of the meate that is altered and concocte or boyled in the stomake, is strayned in the vaynes called Misaraice, which proceedeth from the holowe parte of the lyuer, and sente by the raynes into the bladder, passeth by the Instrumente, the whyche is ordeyned as welle to that pourpose, as for Generacion.

Ordure.

Dygested.

Vryne.

Humour superfluouse is in three sortes, eyther myxte with any of the foure humours, called naturall, or els it is gathered into the brayne, or it is betwene the skynne and the flesshe, or lyeth amonge the synewes, Muscules, or ioyntes. Of humours some are more grosse and colde, some are subtyll and hotte, and are called vapours. Nowe for to expell the sayd excrementis, are. iv. sondry kyndes of euacuation, that is to saye, abstynence, vompte, purgation by syege, lettynge of bloudde, scaryfyenge called cuppinge, sweatyng. prouocation of vrine, spyttynge, bledyng at the nose, or by hemorroides. And in women, their naturall purgations. Of these euacuations I wyll

Humor superfluous.

brefely

brefly declare, with the commodities, whiche by the discrete vse of them do happē vnto the body.

¶ Of Abstinence. Capi. j.

Abstynence is a forbearynge to receiue anye meate or drynke. For yf it be but in parte, it is than called rather temperance than abstynence. It ought to be vsed onely after repletion, as the proper remedye therefore. And than yf it be moderate, it consumeth superfluities, and in consumynge theym, it clarifieth the humours, maketh the body fayre coloured, and not onely kepeth oute sycknesse, but also where sycknesse is entred, nothinge more helpeth, yf it be vsed in season. To theym, whiche haue very moyste bodyes, hunger is righte expediente, for it maketh theym more dye, not withstandynge there ought to be considerations, in the meate before eaten, in the age of the personne, in the tyme of the yere, and in custome. Fyrste in the meate before eaten, yf it be moche in excesse or very grosse, or not muche excedynge, or lyghte of digestion, and accordynge therto, wolde abstynence more or lasse be proporcioned. Concernyng age, Hipocrates sayethe, olde men maye sustayne fastynge easyly: nexte vnto theym, men of myddell age, yonge men maye wars beare it, chylderne warst of all, specially they that be lusty, not withstandyng here Galene correcteth Hipocrates, sayenge, that he shulde haue excepted men very olde, who, as Experience declareth, muste eate often and lyttelle. As towchynge tyme, it muste be remembred, that in wynter and sprynge tyme.

Corne. Cel. lib. 2.

Hipocrates. Aphor. cib. 7.

Considerations in abstynence.

Aphor. lib. j.

Galen. in comment.

tyme, the stomackes be naturallye verye hotte, and sleape is longe, and therefore in that tyme meates wolde be more aboundant, and although moche be eaten, it wyll be soner digested. Wherefore abstinence wolde not be than soo moche as in sommer, all be it to absteyne moche in sommer, excepte it be after repletion. Damascene saithe, it dryeth the bodye, it maketh the colour salowe, it ingendreth melancoly, and hurteth the syght. Moreouer, custome maye not be forgotten, for they whiche are vsed from chyldehoode, to eate sondry meales in the daye, wolde rather be reduced to fewer meales, and lyttell meate, than to be compelled to absteyne vtterly, to the intent, that nature, whiche is made by custome, be not rebuked, and the power digestiue thereby debilitate. And note well, that by to moche abstynēce, the moisture of the body is withdrawen: and consequentely the body driethe, and waxeth leane, naturall heate, by withdrawynge of moysture, is to muche incended, and not fyndyng humour to warke in, tourneth his violence to the radicall or substancyall moysture of the bodye. and exhaustinge that humour, bryngeth the body into a consumption. wherfore Hipocrates sayth, that to scarse and exquisite an order in meat and drynke, is for the more parte more daungerous than that, which is more abundant. Contrarywyse moderation in abstinence, accordynge to the sayde considerations, is to holde a sure bulwarke:

Damascenus apho.

Apho. lib. 2.

Of

THE THYRDE

Of Vomyte. Cap. 4.

Aetius. lib. 1.

The meate or dryncke superfluous, or corrupted in the stomake, is beste expellyd by vomyte, if it be not very greuous to hym whiche is diseased. Also the moderate vse of it, pourgeth fleume, lyghteth the heade, causeth that the excesse of meates or drinkes, shall not anoye or bryngе sycknesse. Moreouer it amendeth the affectes of the raynes, bladder and the fundement. It also helpeth agaynste lepryes, cankers, goutes, dropsyes, and also diuers sykenesses procedyng of the stomake. For yf any greke hapneth of the heade, vomyte is than vncommodyous. It is better in wynter than in sommer. Also good for them, whiche are replete, or very choleryke, yf they haue not welle dygested, but it is yll for theym, that be leane, or haue weake stomakes. And therfore where one feleth bytter vapours rysynge out of his stomacke, with griefe and weyghtyneſſe, in the ouer partes of his bodye, lette him runne forthewith to this remedye. It is also good for him that is harte burned, and hath moche spyttelle, or his stomacke wambleth and for hym that remeueth into sondrye places. Yet I counsayle sayth Celsus, hym that wyll be in helthe, and wolde not be to soone aged, that he vse not this dayly. And I my selfe haue knowen men, whiche dayly vsynge it haue brought therby theyr stomakes into suche custome, that what so euer they dydde eate, they coulde not longe retaine it, wherby they shorten theyr lyues. Wherfore it wolde not be vsed, but onely where greate surfet, or abundaunce of fleume doo requyre it.

Corne. Cel. lib. 1.

The

He that wylle vomyte after meate, lette hym drynke sondry drynkes myxte togither, and laste of all, warme water: or yf that be to easye, lette hym myxte therwith salt or hony. If he wyll vomyte fastynge, lette hym drynke water and hony sodden togither, or Isope with it, or eate of a radysshe roote, and drinke warme water vppon it. also water wherin radisshe is boyled, and afterwarde prouoke hym selfe to it. Them that wyl haue more violent pourgations, I remytte to phisitions lerned. But yet I do eftsones warne them, that therin they be cyrcumspecte, and doo not moche vse it. Moreouer in vomytes, the matter broughte forthe, wolde be considered, accordynge to the rules of Hipocrates, in his seconde boke of pronostications, that is to saye, yf it be myxte with fleume & choler, it is moste profitable, if it be not in very great quantitie, nor thicke, the lasse myxture it hathe, the warse it is. If it be greene, lyke to lecke blaades, thynne or blacke, it is to be iudged ylle. If it haue all colours, it is extreme peryllous. If it be leady coloured, and sauoureth horrybly, yt sygnifieth a shorte abolition, or dyssolution of nature. For as Galene affyrmeth there in his comment, suche maner of vomyte declareth corruption with extyncting of nature. Also euerye putrified and stynkynge sauoure in vomite is ylle. These thynges be righte necessarye to be loked for, where one dothe vomyte without any difficultie: but to inforce one to vomyte, whiche can not, is verye odyous, and to be abhorred.

Hipocrates præsag. 2. cap. 7.

Galen. de locis affectis. lib. 1.

THE THYRDE

Of purgations by siege. Cap. v.

Celsus. lib. 1.
Actius. lib. 3.

IF the heed be heuye, or the eyen dymme, or yf there be peyne felte of the colyke, or in the lower part of the beally, or in the hyppes, or som cholerycke matter or fleume in the stomake. Also if the breathe be hardely fetched, yf the help of hym selfe sendeth forthe nothynge, or yf being costiue, one feleth yll sauor or bytternesse in his mouth, or that whych he maketh, hath an horryble sauoure, or yf abstynence do not, at the fyrste put awaye the feuer, or yf the strength of the body may not susteyne lettynge of blouddе, or elles the tyme therfor conuenyent is past, or yf one haue dronk moche before his sycknesse, or yf he whyche oftentymes vnconstrayned, hath hadde great syeges, be sodaynly stopped: In all these cases, and where it is peynefull to vomyte, and in gnawyng or frettynges of the stomake, fynally in all replecions, where a man can not or wyll not be lette blouddе or vomyte, it is expedyente to prouoke syege by pourgations, whyche are receyued by two wayes: Upwarde at the foundemente by suppolytories or clysters. Downewarde at the mouthe, by potions, electuaryes, or pylles.

Suppolytoryes are vsed, where the patyent is weake, and may not receyue any other pourgacions. Sometyme for as moche as the streyt gutte is stopped with excrementes, whych are dry and harde, sometyme where there nedeth none other purgacion, specyally in bournynge feuers, wherof the matter ascendeth into the heed, than clysters maye doo harme, and by the benefyte of suppolytories, excrementes are brought forthe-

with

withoute any annoyaunce. And oftentymes it bryngeth forth that, whyche clysters may not.

Suppositories are made sometyme with honye onely, sodden rolled on a bourde, & made rounde smaller at the one ende, than at the other, and of the lengthe and greatteneſſe, accordynge to the quantitie of the bodye that taketh it. Sometyme there is myrre with the hony salte dryed, or salte peter, or the powder of suche thinges, as do eyther purge the humour, whiche offendeth or dyssoluyth grosse wyndes, or other matter: they be sommetyme made with roseyne, pytche, ware, or gummes, sommetyme of rootes, or the leaues of Mercury grene, verye smalle brupled. Also with eygges or raisons, the stoones taken oute, or of white sope, made in the fygure aforesayde, and beynge made in the fourme aforesaide, they must be putte vppe in at the foundement, to the greate ende, and the pacyente muste keepe it there the space of halfe an houre, or more.

Clysters are made of lycoure sometyme symple, as water sodden, mylke, oyle, or wyne, somtyme myrre, as water and oyle togyther, or decoctions, as where herbes, rootes, fruytes, seedes, or gũmes, hauynge propertie to make softe, dissolue drawe forthe, or expelle matter that greeueth, be boyled, and the lycour therof, sometyme warme, sometyme hotte, is receiued at the foundament in to the bodye by a lyttell pype of golde, or syluer, puory, or wodde, therfore ordeyned and called a clyster pype. This is necessarye, where the stomake is weake, and maye not susteyne the warkynge of medicines receyued at the mouthe, also in feuers, colykes, and other dyseases in the bo-

wels, grefe in the raynes of the backe or hucke bone, ventolities in the bealy, inflamation or exulceration in the guttes or bladder. It is a conuenient and sure medicine, and leste hurte dothe ensue of it. ¶The makynge and ordrynge thereof, I wyll omytte to wrytc in this place, partly that I wolde not, that phisitions shuld to moch note in me presumption, partely that an other place may be more apte to that purpose.

¶The particular commodities of euery purgation. Cap. 6.

IN pocions, electuaries, and pylles ought to be muche more obseruation, than in clysters or suppositories, forasmoch as these do enter no further than into the gutte, where the ordure lyeth, and by that place onely, bryngeth forth the matter, whiche causeth dysease. But the other entrynge in that waye, that meates and drynkes do, commeth into the stomacke, and there is boyled, and sente into the places of digestion, and afterwarde is myxte with the iuyce, whereof the substaunce of the bodye is made, and expellynge the aduersarye humoures, sommewhat thereof doubteleste remayneth in the bodye. Wherefore menne haue nede to beware, what medycynes they receyue, that in theym be noo venenolitie malyce or corruption, lest for the expellynge of a superfluous humor, whiche perchance good diet, or some brothes made of good herbes, or the said euacuation, with suppository, or clyster, mought bryng forthe at leysure. By delyrynge of to hastye remedye, they receyue in medicyne, that whi-

che

che shall ingender a venemous humour, and vncuitable distruction into all the body. And therefore happy is he, whiche in syckenesse fyndeth a dyscrete and welle lerned phisition, and soo trewe a potycarye, that hathe alwaye drowges vncorrupted, and whome the phisition maye surelye truste, to dyspence his thynges truelye. But nowe to retourne to the sayde fourme of pourgation, I wylle nowe sette forthe somme counsailes, concerninge that mattier, whyche I haue collected oute of the chiefe authors of phisicke. Bodyes hotte and moyste, maye easyly susteyne pourgation by the stoole. They whiche be leane or thynne, hauynge the members tender, may take harme by purgations. To men that are coleryke, and theym that eate lyttelle, pourgations are greuouse. In yonge chylderne and olde menne, it is daungerous to lowse moche the bealye. To theym that are not wonte to it, pourgation is noyfulle. He that lyueth in a good order of dyete nedeth neyther pourgation nor vomyte. After that the pourgation hathe wroughte, thyrstynes and sounde slepe be sygnes that the bodye is sufficientely pourged. By daylye takynge of medicines, Nature is corrupted. Whan ye wyll purge any thynge, make fyrste the matter flowynge and soluble. Medicine to purge oughte not to be myngled with meate, but to be taken foure houres at the leste before meales, or thre houres after meales, excepte certayne easye pylles made to clense and comforte the stomake, whiche wolde be taken atte the begynnynge of supper, or after supper a lyttelle before that oone gothe to bedde, makynge a lyght supper or none. Hippo. apho.

After purgation taken, the pacient shoulde reste and not walk, vntyl the medicine hath wrought, nor eate or dryncke in the meane space. These thynges haue I remembred, bycause I haue knowen ryght good phisitions, to haue forgotten, to instruct therof their pacientes. Nowe wyl I sette forthe the table of suche thynges, whiche of their propertie doo digeste or pourge, superfluous humours particularly, whiche I haue gathered out of the bookes of Dioscorides, Galene, Paulus Aegineta, Oribasius, and Aetius, and other late writers, not withstandynge, I haue not written all, forasmuch as there be dyuers thynges, whereunto we haue not yet founden any names in englysshe.

¶ Dygestyues of choler.

¶ Endyue.
Lettise.
Cykorye.
Scabiose.
Maydenheare.
Malowes.
Mercury.
The iuyce of pomegranades.
Pourselane.
Poppy.
Barberyes.
Roses.
Violettes the leafe and flowre.
Sorell.
Lyuerworte.
Sorell de boyse.
whay clarified.
The greate foure colde sedes, that is to saye, of gourdes, cucumbers, melones, and citruls.
Psillium.
Vyneger.
Saunders.
Barley water.
Prunes.
Tamaryndes.

¶ Pourgers of choler.

wylde hoppes

worms

wormewode.
Centory.
Fumytory.
whey of butter.
Violettes.
Mercury.
Prunes.
Juyce of Roses.
Eupatory.
Tamarindes, halfe an ounce in a decoction.
Manna. vi. drammes at the leaste, and so to xxv. in the brothe of a henne or capon.
Reubarbarū by it selfe frome two drammes, vnto foure, infused or stiped in lycour, frome iiii. drāmes vnto. viii.

¶ Digestyues of fleume.

¶ Fenelle.
Perselye, the rootes,
Smallage.
Capers
Lawrell.
Synuy.
Puly.
Maioram.
Penyroyall.
wylde parsnyp sede
Mynt.
Pympernell.
Horemynt.
Gladen.
Agrimony.
Calampynt.
Nep.
Betayne.
Sauge.
Radyche.
Mugworte.
Junyper.
Hyssope.
Pyony.
Baulme.
Hony.
Synger.
Squilla.
Aristolochia.
Cynamome.
Pepper.
Cumyne.

¶ Purgers of fleume.

¶ Centory.
Nettyll.
Agrimonye.
Alder.
Polypodiū of the oke.
Myrabolani kebuli, infused frome halfe an ounce to an ounce.

and two dzammes. In
substaunce, from two
dzammes, to halfe an
ounce.
Agaricus, frō a dzāme
to two dzammes, in-
fused from. ii. dzāmes
to fyue.
Yzeos.
Waydenheare.
Stichados.

¶ Pourgers of
melancoly.

¶ The bzothe of cole-
wortes, lyght boiled.
Baulme mynt.
Stichados.
Tyme.
Beene, boyled in white
wyne, oz in the bzothe
of a henne.
Salted saucery.
Erthimus.
Unwzought sylke.
Dzganum.
Calamint.
Bozage.
Hartis tunge.
Quyckbeme.
Waydenheare.
Dythwynde.
Bulyall mountayne.
Hony.
Sugar.

¶ Melancolye foz the thynnesse and subtylnesse of the humour, nedeth no dygestyue.

¶ They whiche wyll take sharper pourgations, oz compounde with dyuers thynges, lette theym take the counsayle of an honest and perfite phy-sition, and not aduenture to myxte thynges to-gyther, withoute knowynge the temperance of theym in degrees, and that he canne pzopozcion theym to the bodye that shall receyue theim in symples, as they be wzytten. And so he maye vse theym withoute perylle, agaynste the humoures, whereunto they serue.

Lettyng

¶ Lettyng of bloudde. Cap. 6.

The parte of Euacuation by lettinge of bloudde, is incysyon or cuttynge of the vayne, wherby the bloude, which is cause of sycknesse or grieke to the hole bodye, or any partycular part therof, do the moste aptly passe. The commodities wherof, beynge in a moderate quantitie, and in a due tyme taken, be these that folowe, it clarifieth the wytte, and maketh good memorye, it clenseth the bladder, it dryeth the brayne, it warmeth the marowe, beynge in the bones, it openeth the hearyng, it stoppeth teares or droppynges of the eyen, it taketh away lothsomnesse, and confyrmeth the stomake, it nourisheth that, whiche is proper to nature, and the contrary expelleth. It is thought, that therby life is prolonged, and the mattier makynge sycknesse shortely consumed. Wherefore lettynge of bloudde is not onely expedient for theym, whiche are full of bloudde, or haue aboundaunce of strengthe, but also for theym, in whome without plenitude, called fulnesse, inflammations beginne to be in theyr bodyes, or by some outewarde strooke, the bloudde beinge gathered within, by collection thereof, doo feele greefe or dysease. Also where there is moche payne felte, or debilitie of some member, wherof is supposed to be ingendred some greuous disease. Yee ouer they, whyche vse exesse of meates and drynkes, maye be cured by lettinge of bloudde. But those, whiche be temperate, keppynge good dyete, be holpen without lettynge of blode: as by frictions, vsynge of bathes, exercise, walkynge,

Arnoldus de villa noua.

Oribasius in medicinæ cõpendio.

and ridinge moderately. Also vnctions with oyles and oyntmentes, called Diaphoretice, whiche by euapozation, do shortely euacuate the fulnesse. All be it, yf the fulnesse be of melancoly bloudde, than alway nedes muste be lettynge of bloudde. Aboundaunce of melancoly bloudde is knowen by these sygnes. There is felte in the entrayles, or within the boulke of a manne or woman, a weightynes with tension or thrustynge outwarde. and all that parte, whiche is aboue the nauell, is more heuy than it was wonte to be. Also muche bryne and fatty, the residence or bottome, thycke, troublous, and fatte, sommetyme blacke poulches or boyles, with inflamation and moch peyne. These must be shortely lette bloudde, and the melancoly humour also purge by siege.

They, whiche haue crude or rawe humoures, muste be warely lette bloudde, before that sycknesse ingender, but haupng the feuer, in no wyse.

Aetius. lib. 3. Concernynge lettynge of bloudde, these thynges folowynge, wolde be had in contynuall remembraunce, and be afore thought on. In abundance of the bloudde, the qualytie and quantitie, the greatnesse of the sycknes, and yf it be present, or lohed for. also the diete precedinge, the age and strengthe of the person, the naturalle fourme of his body, the tyme of the yere, the region or countrey, the present state of the ayre, the disvse of accustomed exercyse, the ceassynge of euacuations vsed before. In qualitie consyder, of what humour the fulnesse procedeth. In quantitie the aboundance of that, whiche is to be pourged. In sycknesse, if it be daungerous or tollerable: if the sycknesse be present, it requyreth the more dilygence

gence: if it be loked for. it may be the better proporcioned. In dyete, the custome in eatynge and drynkyng, must be specially noted. In yonge men and women, lettynge of bloudde wolde be more lyberall. In olde menne and yonge chylderne, it wolde be scarser: stronge men maye sustryne bledynge, they whyche are febie, may not endure it: Large bodyes haue greatter vesselles, than they, which be litle. leane mē haue more blod, corporat men haue more fleshe. The tyme of the yere must be speciallye marked. For in the begynnynge of sprynge tyme it is beste lettinge of bloudde, as Oribasius saithe, and so dothe contynue, after the opinyon of Arnold, vnto the eyght calendes of June. Aetius assirmeth, that in wynter, or in a colde countrey, or where the persone is of a very colde nature, the vaynes shuld not be opened. And Damascene saythe: They whiche in youth haue vsed to be moche lette bloudde, after they be thre score yeres olde, their nature waxeth colde and naturall heate is in them suffocate, specially yf they were of a colde complexion, but that is to be vnderstande, where they that are in helthe, are often let bloude. For in the lapse from helthe, and in dyuers diseases, wherein the bloudde is corrupted, or where it engendreth impostumes, or resorteth to any place, where it oughte not to be, or passeth by any other cundite, than nature hath ordeyned, or where it is furyouse or inflamed, or by any other meanes breedeth greuouse dyseases, in all these cases it oughte to be practysed, ye sometyme in aged persones, women with chylde, and yonge infantes. For in extreme necessitie, it were better experyence some remedy, than to

Celsus. 2.

Oriba. super Arnoldus. de uilla noua de flobothomia.

Io. Damas. in ar. med.

to do nothynge. All other thinges concernynge this matter, pertayne to the part curatiue, whiche treateth of healynge of syckenesse, whereof I wyll not nowe speake, but remytte the reders to the counsayle of dyscrete phisitions.

¶ *Of scarifyenge called boxynge or cuppynge. Cap. 7.*

Galenus.

Aetius. lib. 3.

FOrasmuche as it is not conueniente, to be lette bloude oftentymes in the yere, by cause moch of the vitall spirite passeth forth with the bloudde, whiche beynge exhauste, the bodye waxeth colde, and naturalle operations berome the more feble, I therefore do counsayle (saythe Galene) that the base partes of the body, as the legges, be scarified, whiche is the moste sure remedy, as well in conseruynge helthe, as in repayrynge therof, beynge decayed. For it cureth the eyen beynge anoyed with longe distillations. It profiteth also to the heed, and ouer parte of the body, agaynst sondry diseases. In what member the bloudde is gathered, the bodye beinge fyrste purged by scarification, the grefe may be cured. Also Oribasius affirmeth the same, and also addeth therto, that it helpeth squynãces, or quynces in the throte, and dyssoluethe the constipations or stoppynges made of all places, yf the places be scarified: not withstandynge application of boxes about the stomake, in hot feuers, where reason is troubled, are to be eschued, for feare of suffocation. Likewise put to the heed vndiscretely, it hurteth both the heed and the eies. The late authors do affirme, that scarifieng is in the stede

Oribasius in medicinae compen.

Aetius.

of

of lettynge bloudde, where for age, debilitie, or eyme of the yere, or other lyke consyderation, a man maye not sustayne bloudde lettynge, and it bryngeth forthe the thinne bloudde, which is next to the skynne.

¶ Of bloud suckers or leaches. Cap. 8.

There is also an other fourme of Euacuacion by wormes, founde in waters called bloudde suckers or leaches, whiche beinge put vnto the body or membre, do draw out blode. And their drawynge is more conuenient for fulnesse of bloudde than scarifyenge is, forasmoche as they fetche bloudde more deper, and is more of the substance of blonde, yet the opinion of some men is, that they do drawe no bloudde but that, whiche is corrupted, and not proporcionable vnto our body. And therfore in grefes, whiche happen betwene the skynne and the flesshe of bloude corrupted, these are more conuenient than scaryfienge. But before that they be putte vnto anye parte of the bodye, they muste be fyrste kepte all one day before, gyuyng vnto theym a lyttel blode in freshe flesshe. And than putte theym in cleane water, somewhat warme, and with a spounge wype awaye the slyme, whiche is aboute theym, and than laye a lyttell bloudde on the place greued, and putte theym thanne to it, and laye on theym a spounge, that whan they be fulle, they may falle away. or ye wyll sooner haue theym of, putte a horse heare betweene theyr mouthes, and the place, and drawe theym awaye, or putte to theyr mouthes salte or asshes, or vyneger, and forth

Oribasius in medicinacõpenpio.

forthewith they shall saile, and than washe the place with a spounge, and yf there do issue moche bloude, lay on the place the pouider of a spunge, and pytche bourned, or lynnen clothe bourned, or galles bourned, or the herbe called Bursa pastoris, bruysed. And this sufficyeth concerninge bloude suckers.

¶ Of hemoroydes or pyles. Cap. 9.

HEmoroydes be vaynes in the fundement, of whom do happe sondry passions, somtyme swellynge without bledynge, sometyme superfluous bloudde by the puyssaunce of nature, is by theym expelled, and thanne be they very conuenient, for by theym a man shall escape many great sykenesses, whiche be ingendred of corrupted bloude, or of melancoly. Semblably, yf they be hastily stopped from the courle, whiche they haue bene vsed to, thereby doo increase the sayde sykenesses, whyche by them were expelled, as dropsies, consumptions, madnesse, frensyes, and diuers diseases of the heed, and other sykenesses, paleneſſe of the visage, grieke in the raynes of the back, and thies. And if they flowe to moche, there insueth feblenes, leanneſſe of the body, alteration of colour, greatte peynes in the lower partes of the body, And if the flure be vnmoderate, it engendreth myscheuous dyseases. Wherfore it wolde be diligently taken hede, that they runne in measure, or elles to vse some thynges moderately, which may restrayne them.

¶ Concerninge other euacuations, I doo purposely omitte to write of them in this place, for

as moch

as moche as in this realme, it hath bene accompted not honeste, to declare theym in the vulgare tongue, but onely secretely.

¶ Of affectes of the mynde. Cap. 10.

The last of thynges called not naturall, is not the leaste parte to be considered, the whyche is of affectes and passions of the mynde. For if they be immoderate, they do not onely anoy the body and shorten the lyfe, but also they doo appayre, and sometyme lose vtterlye a mans eslymation. And that moche more is, they brynge a man from the vse of reason, and some tyme in the dyspleasure of almyghty god. wherefore they doo not onely requyre the helpe of physycke corporalle, but also the counsayle of a man wyse and well lerned in morall phylosophye. wherefore after that I haue recyted, what they be, I wylle briefely declare suche counsayles, as I haue gathered. And as concernynge remedyes of phisicke, sauynge a fewe symples, whiche do comforte the harte and spirites, the residewe I wyl remytte to the counsayle of phisicions, lyke as I haue done in euacuation. Affectes of the mynde whereby the body is annoyed, & do bringe in sycknes be these, Ire or wrathe, heuynes or sorowe, gladnes, or reioycynge.

¶ Of Ire. Cap. 11.

Ire is kyndled in the harte, in ordinately chaffyng the spirites there, and than is sent forth into the membres, and dothe superfluouselye heate

heate them, and disturbeth reason, where the bodyes be hotte afore, where naturall heate is feble, the heate may not be dispersed vnto the extreme partes, and than dothe the extreme membres, that is to say, whiche are farre from the harte, remayne colde and tremblinge. Of this affection commeth sometyme feuers, sommetyme apoplexies, or priuation of sences, tremblynge, palseys, madnesse, frankies, deformytie of vysage: and that wars is, outragious swearynge, blasphemye desyre of vengeance, losse of charitie, amytie, credence, also forgetfulnesse of benefytte preterynge, and of obedience, duetie, and reuerence. There also do succede, contention, chargeable suite, vnquietnes of mynde, lacke of appetyte, lacke of slepe, feble digestion, scorne, disdayne, and hatred of other, with perylle of losynge of all good reputacion. These incommodities of Ire, perfitely had in remembraunce, and at the fyrste motion thereof on them thoughte on, maye happen to bringe in his felowes, and therby the flame may be quenched, or lette hym that is angry, euen at the fyrste conslider one of these thinges, that lyke as he is a man, soo is also the other, with whome he is angry, and therefore it is as lefulle for the other to be angery, as vnto him, and if he so be, than shall that anger be to hym displesant, and stere hym more to be angry. wherby it appereth, that Ire is to hym lothsome. If the other be patient, than let hym abhorre that thinge in him selfe, the lacke whereof, in the other contenteth him, and allwageth his malyce. Moreouer, let hym before, that occasion of Ire doth happen, accustome hym selfe to beholde

beholde and marke welle theym that be angrye, with the succesſe of that anger, and ruminate it in his mynde, a good ſpace after. And in that tyme, let him remember, howe Chriſte, the ſonne of God, and God, who (as he him ſelfe ſaide) mought haue had of God his father, yf he wolde haue aſked theym, legions of aungelles, to haue defended hym, ye with laſſe thā a wynke mought haue ſlayne all his aduerſaries, yet he not withſtandynge, rebuked, ſcorned, falſely accuſed, plucked hyther and thyther, ſtryped, bounden with halters, whyppped, ſpytte on, bufeted, crowned with ſharpe thorne, laded with a heuye piece of tymber, his owne proper tourment, halyd, and dryuen forthe lyke a calfe to the ſlaughter houſe, ſtrokes beaten and ouerthrowen, retched forthe with roopes, armes and legges laide on the Croſſe, and therunto with longe yron nayles throughe the handes and feete nayled, with many ſtrookes of hammers, with manye pyrthynges, or euer the nayles moughte perce by his tender and moſte bleſſed fleſhe and ſynewes, quyte throughe the harde tymber, vppe to the heades of the nayles, and all this beynge doone for the offence of Mankynde, and not his: yet with the men, whiche dydde it, his moſt vnkynde countreymen, his moſte vnnaturall kynneſmen, whome he fyrſte made of nothynge, preſerued by myracles, deliuered frome perylles, and cured of dyſeaſes, in all his vexation and trouble, he was neuer ſene or perceaued angry. If one wyll ſay, that anger is naturall, let hym alſo conſider that in Chriſtes manhoode were all naturalle powers. If he wyll ſaye, that Ire is token of

courage, and in Chriſte it lacked not, whom both aungelles and diuelles trembled and feared.

The premiſſes often reuolued, and borne in the mynde. I wyll not ſay, ſhall vtterly extynete all motions of wrathe, which is not poſſible, but it ſhall whan it kyndleth lyghtly repreſſe it, and let that it ſhall not growe into flame. And in ſpeakyng here of wrathe. I do not meane that, whiche good men haue againſte vices: or wyſe and diſcrete gouernours and maiſters, againſte the defaultes or negligences of their ſubiectes or ſeruauntes, vſed in rebukynge them, or moderatly puniſchynge theym. For that is not properly yre, but rather to be called diſpleaſure, and is that wherof God ſpeaketh by his prophete Dauyd, ſaieng: Be you angry and do not ſinne. And that maner of anger, hathe bene in diuers holye men, prophetes, and other. And it appeared in Chryſte whan he draue out them, whiche made their market in the holy temple of god, where there ought to be nothynge but prayer. And in lykewiſe whā he rebuked the hipocrites. But if none of theſe thinges may come ſo ſhortly to his remembrāce, that is meued with anger, at the leaſte lette hym thinke on the leſſon, that Appollodorus the philoſopher taught to the Emperour Octauyan, that before he ſpeake or do any thinge in anger he do recite in order, al the letters of the. A. B. C. and remoue ſomewhat out of the place that he is in, and ſeke occaſion to be otherwiſe occupyed. This ſhall for this time ſuffyſe, for the remedies of Ire. And he that wyl know more of this matter, let hym reade in my warke called the Gouernour, where I therof do write more abundantly.

Pſal. 4.
Geneſ. 31.
Exod. 32.
Leuit. 10.
Marc. 11.

Of

¶ *Of doloure or heuines of mynde.*
Capitulo.12.

There is noothinge more ennemye to lyfe, than sorowe, called also heuinesse, for it exhausteth bothe naturall heate and moysture of the bodye, and dothe extenuate or make the body leane, dulleth the wyt, and darkneth the spirites, letteth the vse and iugement of reason, and oppresseth memory. And Salomon saithe, That sorowe drieth vp the bones. And also lyke as the mothe in the garmente, and the wourme in the tree, soo dooth heuynesse annoye the harte of a man. Also in the boke callyd Ecclesiasticus. Sorowe hathe kylled manye, and in it selfe is founde no commoditie. Also by heuynesse dethe is hastened, it hydeth vertue or strengthe, and heuynesse of harte boweth downe the necke. Pro.17.25. Eccle.25.38.

This is soo puissaunt an ennemye to nature and bodyly helth, that to resyste the malice and vyolence therof, are required remedies, as welle of the holsome counsayles found in holy scripture, and in the bokes of moral doctrine. As also of certayne herbes, fruites, and spices hauynge the propertie to expelle melancolycke humours, and to comforte and kepe lyuely the spirites, whiche haue their propre habitation in the hart of man and moderate nourishynge of the naturall heate and humour, called radical, whiche is the base or foundation, whereuppon the lyfe of man standeth, and that faylyng, lyfe falleth in ruyne, and the bodye is dissolued. Nowe fyrste I wylle declare some remedies agaynste sorowfulnesse of harte, concernynge necessary counsaile.

Sometyme this affecte hapeneth of Ingratitude, eyther where for benefytte, or specyall loue employed, one receyueth damage or is abandoned in his necessitie, or is deceiued of hym, whom he trusted, or findeth hym, of whome he hathe greate expectation, forgetfull or negligent in his commoditie, or perceyueth the persone, whome of longe tyme he hathe loued, to be estraunged frome hym, or to haue one of later aquayntaynce in more estimation. This affection nyppeth the harte, ye of moste wyse men, for they loue mooste hartily, not prouoked by carnalle affeccion, but rather by good opinion, ingendred by similitude of honest studies, and vertuous maners of longe tyme mutually experienced. And it is not onelye vnto man greuous, but also vnto god moste displeasant and odyouse, as it is aboundauntly declared in scripture. Wherfore the person, whiche feleth hym selfe touched with this affecte, before that it groweth into a passion, and waxeth a sikneſſe, lette hym calle to remembraunce these artycles folowynge, or at the least e wayes some of theim. For eucryche of theym maye ease hym, though perchaunce they can not forthwith perfitely cure him.

Counsayles against ingratitude.

¶ Consider, that the corruption of mans nature is not soo moche declared in any thynge, as in Ingratitude, whereby a man is made warse, than dyuers brute beastes. The lyttelle ante or emote helpeth vp his felowe, whome he seethe ouerthrowen with burdeine, or by other occasion. Also whan olyphantes do passe ouer any greate water, the greattest and moste puissaunt of them deuyde them selues, and setinge the weakeste in

Appianus in uaria historia

the

the myddell parte, go before, trienge the depenesse and perilles, parte come after, sourcourynge the weakest or leaste, with their longe noses, whan they see them in danger. The same beastes haue ben seene not onely bringe men oute of desertes, whiche haue loste their wayes, but also renuinge the displeasures done to theym, the whiche gaue theym meate, as one that slewe hym, whiche had committed aduoutry with his maysters wyfe.

The terrible Lyons and Panthers, haue bene seene in their maner, to render thankes to their benefactours, ye and to obiecte their owne bodyes and lyues for their defence. The same we may daylye beholde in our owne dogges.

Than in whome thou fyndest the detestable vice of Ingratitude, reputinge hym amonge the warste sortes of creatures, thinke not that thou hast looste a frende, but thinke that thou arte delyuered frome a monster of nature, that deuoured thy loue, and that thou arte nowe at lybertie, and haste wonne experience to chose the a better. But if this maye not suffyce, thanne *Seneca de be-*
eftesoones consider, that if thou looke welle on *nefi. 7.*
thy selfe, perchaunce thou mayst fynde the faute wherof thou complaynesse, within thyne owne bosome. Calle to thy remembraunce, yf thou haste alwaye rendred vnto euerye manne condygne thankes or benefitte, of whom thou haste kyndnesse receyued, or yf thou hast alway remembred, euery one of them, that haue doone to the any cõmoditie or pleasure. Thou shalte welle perceyue, that what thynge thou receyuedst in chyldehode, thou forgattest or dyddest lyttell esteme, whanne thou camest to the state of a manne. And what

thou dyddest remember in youthe, in aege, thou dyddest littell thinke on: thy nouryces pappe, her rockynges, watchinges, thou haste not alwaye remembred, or equally recompensed. Thy scoole maisters studie, his labour, his diligence in a lyke degree, thou haste not requited. What greatter frendes haste thou had, of whome thou couldest receyue any greatter benefites, than thy nourishynge and preseruynge of thy lyfe, in thy moste febleneſſe, thine erudition, whereby thy nature was made more excellent. Remembrynge this, leaue to be angry or sorowfull, for so cõmon a vyce: yet if it ceasse not to greue the, conferre the ingratitude that dothe vexe the, with that ingratitude, whiche was shewed by the Israelites, whome god chase for his owne people, deliuered from seruage, shewed for theim wonders, preserued them fourty yeres in deserte, distroyed for them kynges, gaue to theim the countrey, whiche flowed mylke and hony, defended them agaynste all outwarde hostilitie, sente vnto them suche abuudance of riches, that siluer was in Hierusalem, as stones in the strete, had his tabernacle and afterwarde his mooste holy temple amonge them, whiche he dyd daylye visite with his diuine maiestie, made their kinges to reigne gloriously, and spake with their prophetes familyarly, and corrected their errours moste gentilly: and yet for all this, they, imbracynge the paynyms idolatrie, they lefte soo gracious and louinge a lorde, and liuinge god, and to his greate despite, gaue diuine honours, to calfes of brasse, and other monstruous ymages, and at the laste put to moste cruell deth, the onely sonne of god,

that

that hadde done so moche for them.

And yf we christen men doo loke well on oure selues, reuolaynge the incomparable benefytte, whiche we haue receyued by Christes passion, and consider the circumstaunce of his moste excellent pacience, and mooste feruent loue towarde vs, with our forgetfulnes, and the dayly breache of our promyse, whiche we made at oure baptisme, conferring oure mutuall vnkyndnes thereunto, there shal appere no ingratitude, that shuld offende vs. Fynallye for a conclusion, beholde well aboute the, and thou shalte all daye fynde the childrene ingrate to their parentes, and wyues to their husbandes. And wylte thou looke that thy benefitte, or vayne expectation, shoulde make the more free from ingratitude of thy frende whome chaunce hath sent the, than nature maye the parentes towarde their children, or the continuetion of bodies by lefulle mariage, take vnkyndnes from the wyues towarde the husbandes. This vyce therfore of Ingratitude, beynge so common a chance, make no worldly frendshipp so precioufe, that lyke or helth therefore shulde be spent or consumed. I haue ben the lenger in this place, bycause I haue hadde in this greke sufficient experience.

¶ If deathe of childerne be cause of thy heynesse, calle to thy remembrance some children (of whome there is no tirtell nonmber) whose liues eyther for vncorrygyble vices, or infortunate chaunces, haue bene more greuous vnto theyr parentes, thanne the deathe of thy chylderne oughte to be vnto the: conslideringe that deathe is the discharger of all greekes, and miseryes.

Deathe of childerne.

and to theym that dye well, the fyrste entrie into lyfe euerlastynge.

Losse of goodes.

¶ The losse of goodes or authoritie doo greue none but fooles, whiche do not marke diligently, that lyke as nether the one nor the other dothe alway happen to theym that are worthy, soo we haue in dayly experience, that they fall from him sodeynly, who in increasynge or keppynge theym seemeth moste busye.

Lacke of promotion

¶ Oftentymes the repulse frome promotion is cause of dyscomforte, but than consider, whyther in the opinion of good men, thou art demed worthy to haue suche aduauncement, or in thine owne expectation & fătasy. If good men so iuge the, thanke thou god of that felicitie, and laughe at the blindnes of them, that so haue refused the. If it procede of thine owne folye, abhorre all arrogance, and inforce thy selfe to be aduanced in mens estimation, before thou canst fynde thy selfe worthy in thy propre opinion.

Chaunces of fortune.

¶ All other chaunces of fortune, esteme as noothinge, and that longe before they doo happen. The oft recordynge of mysery, prepareth the mynde to fele lesse aduersitie. And the contempte of fortune is sure quyetnesse and mooste perfyte felycitie.

¶ This nowe shall suffise concernynge remedies of morall philosophy. Nowe wyll I wryte somwhat touchinge counsaile of physike, as in relieuyng the body, which eyther by the sayd occasions, or by the humour of melancoly, is brought out of temper.

¶ The fyrste counsayle is, that durynge the tyme of that passion, eschewe to be angry, stu-

dious

dyouse, or solytarye, and reioyce the with melodye, or els be alwaye in suche companye, as beste may content the.

Auoyde all thinges that be noyouse in syghte, smellynge and hearynge, and imbrace all thynge that is delectable.

Flee darknes moche watche, and busynesse of mynde, moche companieng with women, the vse of thinges very hot and drye, often purgations, immoderate exercyse, thyrst, moche abstinence, dry wyndes and colde.

Absteyn from dayly eatynge of moche olde biefe or old mutton, hard chese, hares flesh, bores flesh, venyson, saltefysshe, coolewortes, beanes, and peason, very course breadde, greatte fysshes of the see, as thurlepole, porpyse, and sturgeon, and other of lyke natures, wyne redde and thycke meates beynge very salte or sowre, olde, burned, or fryed, garlyke, onyons, and lekes.

Vse meates, whiche are temperatelye hotte, and therewith somewhat moyste, boyled rather than rosted, lyght of digestion, and ingendrynge bloudde clere and fyne. As mylke hotte frome the vdder, or at the leaste newe mylked, ruen chese, swete almondes, the yelkes of rere egges, lyttell byrdes of the bushes, chyckens, and hennes. Wyne white or clarette, cleere and fragraunte. Swete sauours in wynter hot, in sommer colde in the meane tyme temperate.

¶ Confortatiues of the harte hotte.
¶ Bourage the floure or leafe.
Buglose.
Baulme mynte.
Elicampane.
Cloues.
Cardamomum.
Rosemary.

Lignum alowes.
Muske.
Ambergrise.
Saffron.
The bone of the harte of a redde diere.
Myntes.
The rynde of Citron,
Beene.
Bububes.
Basyle.

¶ Confortatines for the harte colde.

¶ Violettes.
Perles.
Coral.

The vnicornes horne.
Olde appulles whiche be good.
Roses.
Saunders.
The olyppantes tothe.
Water lylyes.
Coryander prepared.

¶ Confortatiues temperate.

¶ Jacinete.
Saphire.
Emerauldes.
Myrabolanes, called kebuli.
Bugloss.
Golde, syluer.

¶ Of Joye.

JOye or gladnesse of harte dothe prolonge the lyfe, it fatteth the bodye that is leane with troubles, bytynge the humours to an equall temperance, and drawynge naturall heate outewarde. But if it be sodeyne and feruent, it oftentimes sleeth, for as muche as it draweth to sodeinly and excessiuely naturall heate outewarde. And therfore diuers man and women haue benc lene to fall in a sounde, whan they haue sodeynlye beholde the persons, whome they feruentlye loued. ¶ A woman in Rome, hearinge tyding, that her sonne was slayne in battayle. After whan he came to her, she seinge hym alyue, imbracynge

Ti: Liuius.

eche other, she dyed in his armes. This welle considered, againste suche inordinate gladnesse, the beste preseruatiue is to remember, that the extreme partes of mundaine ioye is sorowe and heuinesse: And that nothinge of this worlde, maye soo moche reioyce vs: but occasion maye cause it to be displeasant vnto vs.

¶ The dominion of sondry complexions. Cap. 13.

It semeth to me not inconuenyent, that I do declare aswel the counsayles of auncient and approued authors, as also mine owne opinion gathered by diligente markynge in dayelye experience, conterninge as well the necessarie diete of euerye complexion, age, and declination of helthe, as also the meane to resyst to discracies of the body, before sycknesse be therein confirmed, leauynge the residue vnto the substauciall lernynge and circumspecte practise of good physitions, whiche shall the more easilye cure theyr pacientes, if their pacientes do not disdayne to beare away and folowe my counsayle,

¶ And first it ought to be considered, that none of the foure complexions, haue sooly such dominion in one man or womans body, that no parte of any other complexion is therewith myxte. For whan we call a man sanguine, colerike, fleumatike or melancoly, we do not meane, that he hath bloudde only without any of the other humores or choler without bloudde, or fleume withoute bloudde or melancolye, or melancolye withoute bloudde or choler. And therfore the man, whiche is san-

is sanguyne, the more that he draweth into age, wher by natural moysture decayeth, the more is he colerike, by reason that heate surmountynge moysture, nedes muste remaine heate and dryth. Semblably the cholericke manne, the more that he waxeth into aege, the more naturalle heate in hym is abated, and dryethe surmountynge naturall moysture, he becommeth melancolycke, but some sanguyne man hath in the proporcion of temperatures, a greatter myxture with choler, than an other hathe. Lykewyse the cholericke or fleumatike man with the humoure of sanguyne or melancolye. And therefore late practysers of phisike are wont to calle men, accordynge to the myxture of theyr complexions, as sanguyne colerike, fleumatike sanguyne. &c. Moreouer, beside the naturalle complexions, whiche man receyueth in his generation, the humours, whereof the same complexions doo consyste, beinge augmented superfluously in the body or membres by anye of the sayde thynges called not naturalle, euery of them do semblably augment the complexion, whiche is proper vnto hym, and bringeth vnequall temperature vnto the bodye. And for these causes, the sanguyne or fleumatyke man or woman, kelynge any discrasye by choler hapned to theym by the sayde thinges, called not Naturalle, they shall vse the diete described hereafter to hym, whiche is naturally colerike. Semblably the cholericke or melancolycke manne or woman, hauynge any discrasye by fleume to vse the diete of hym whiche is naturallye flewmatyke, alwaye remembrynge, that sanguyne and fleumatike men haue more respecte vnto dryethe,

chole-

cholericke and melancolye vnto moysture, and that alway as the accidentall complexion decayeth, to reloyte by lyttell and lyttel to the dyete, pertaynyng to his naturall complexion.

¶ The times appropried to euery naturall humour. Cap. 14.

BVt fyrst it must be considered, that where the foure humours be alway in Man, and in some man cõmonly one humour is moze aboundaunt than an other naturally, that is to saye, frome his generation. The sayde humours haue also peculiar tymes assygned to euery one of them, wherin eche of theym is in his most power and force, as after ensueth, after the description of Sozanus.

¶ Fleume hath moste puyssance in wynter, from the. viii. Idus of November, vnto the. viii. Idus of Febzuarye, whereby are ingendzed Catarres oz reumes, the vuula, the coughe, and the sytche. This humour is parte in the head, parte in the stomacke. It hathe dominion frome the thyzde houre of nyghte, vntyll the nynthe houre of the same nyght. *Soranus. Ephesius.*

¶ Bloudde increaseth in spzinge tyme from the viii. Idus of Febzuarye, vnto the. viii. Idus of May, wherof are ingendzed feuers, and swete humours, whiche doo shortely putrify, the power of this humour is about the harte, and hath dominion from the. ix. houre of nyghte, vntyll the thyzde houre of the mozuyng.

¶ Redde choler hathe power in sommer frome the. viii. Idus of May, vntyll the. viii. Idus of Au-

Auguste, whereby are ingendred hotte and sharpe feuers, this humour is specially in the lyuer, and hath dominion from the thied houre of day, vntyll the. ix. houre of the same day.

Yelowe choler, wherof is ingendred the fleume of the stomake, is nourished in Autumne, whiche beginneth the. viii. Idus of Auguste, and dureth vnto the. viii, daye of Nouember, and maketh shakinge feuers and sharpe, the blacke choler that increaseth, and than foloweth thicknes of the bloud in the veynes. Blacke choler or melancoly moiste raigneth in the splene, and it rayneth from the. ix. howre of daye vntyll the thyrde howre of nyght.

Peculyar remedies agaynst the distemperance of euery humour.

Soranus in arte medendi.

IF the distemperance be of bloud, helpe it with thinges colde, sharpe and drye, for bloudde is moiste hotte, & swete, If it be of redde choler gyue thinges colde, moiste, and swete, for redde choler is bytter and fyry. If it be of blacke coler gyue thynges hot moist & swete, for blacke choler is sharpe & colde. If the disease be of salt fleume, gyue thinges swete hot and dry, thus sayth Soranus. Not withstandyng where there is abundance of cold fleume not myxte with choler, there thinges very sharpe and hotte be moste conuenyent, as tarte vyneger with hotte roses and sedes or wynes stronge and rough hony being sodden in the one and the other, or where choler is myxt with fleume, syrope acetose made with vyneger and sugar boyled, sometyme with herbes rootes.

or

or ledes, which may dissolue fleume and digest it.

¶Diete of them, whiche are of sanguine complexion. Capi. 15.

FOr almoche as in sanguyne menne blondde moste raygneth, whiche is soone corrupted, it shall be necessarye for them whiche are of that complexion, to be circumspecte in eatynge meate, that shortely wyll receyue putrifaction, as the more parte of fruytes. specially not beynge perfitely rype, also meates that be of yl iuyce, as flesshe of beastes to olde or to yonge, vdders of beastes, brayne excepte of capons and chyckens marowe of the backbone, moche vse of onyons, lekes, garlyke, moche vse of olde fygges, moche vse of rawe herbes, and all thinge wherin is excesse of heate, colde, or moysture, meates that be stale. fysshes of the fennes or muddy waters, and to muche slepe, as experience sheweth.

¶Diete of colerike persons. Cap. 16.

TO them whiche be colerike, being in their natural temperature, and hauing not frō their youth vsed the contrary, grosse meates moderately taken, be more conuenient, than the meates that be fyne, and better shall they digest a piece of good bieke, than a chickens legge. Choler of his propertie rather burning than wel digestyng meates of light substance, not withstādyng some gentilmen which be nicely brought vp in their infancy, may not so wel susteyn that diet as pooremen, being the more part vsed to grosse meates. wherfore their diet must be in a temperāce, as yonge bieke, olde veale, mutton, and venison

powdred

powdred, yonge geese, and such lyke, concernynge theyr complexion with meates lyke thereynto in qualitie and degree, accordynge to the counsayle of Hippocrates. And as he perceyueth choler to abounde, so to interlace meates whiche be colde in a moderate quantitie, and to alaye theyr wine more or lasse with water, eschewynge hotte spyces, hotte wynes, and excessyue labour, whereby the bodye maye be moche chauffed. Also he maye eate oftener in the daye than any other: forsene, that there be suche distaunce betwene his meales as the meate before eaten be fully digested, whiche in some person is more, in some lasse, accordyng to the heate and strengthe of his stomache, notynge alway, that the colerybe persone digesteth more meate than his appetite desyreth, the melancolycke persone desyreth by false appetite more than his stomache maye digeste. And to a cholerike persone, it is right daungerous, to vse longe abstynence: for choler, fyndynge nothinge in the stomache to concocte, it fareth than, as where a lyttell potage or milke, beinge in a vessell ouer a great fyre, it is bourned to the vessell, and blauerye fumes and vapours do yssue out therof. Lykewyse in a colerike stomake, by abstinence, these inconueniences doo happen, humours adust, consumynge of naturall moysture, fumolities and stinkynge vapours, ascendynge vp to the heade, wherof is engendred duskynge of the eyes, head aches, hotte and thynne reumes after euerye lyttell surfette, and manye other inconueniences. Wherefore beside the opinion of beste lerned menne, myne owne peynefull experyence, also moueth me to exhorte theym, whiche be

of

of this complexion to eschewe moche abstinence: And although they be studyous, and vse lyttelle exercise, yet in the mornynge to eate somewhat in lyttel quantitie, and not to study immediatly, but first to sytte a whyle, and after to stande or walke softely, whiche vsynge these two yeres, I and also other, that haue longe knowen me, haue perceyued in my bodye a greate alteration, that is to say, from yl astate to better. Alway remember, that yf any other humour do abounde in the cholerike persone, as fleume, or melancoly, than vntylle that humour be expelled, the dyete muste be correctiue of that humour, and therfore more hotte and fyne, than the naturall diete before reherced: but yet there wolde be alway respecte hadde to the naturalle complexion, some tyme offeryng the person to eate or drinke that, whyche nature worlkynge he feruently desyreth.

Diete of fleumatike persones. Capitulo. 17.

It is to be remẽbred that pure fleume is properly colde & moyste, and lacketh taste. Salt fleume is myxte with choler, & therfore hath not in hym soo moche colde nor humyditie, as pure flewme hathe, and therefore it requireth a temperaunce in thinges hotte and drye, whereby fleume is digested or expulsed. To fleumatik persons all meates are noyfull, which are very colde, viscous or slymy, fatte or soone putrified, eatinge moche and often, specyallye meates ingendrynge fleume, whiche be remembred in the table precedinge. All thynges be good, whiche

are hotte and dry, also meates and drinkes wht the be sowre: onyons also, and garlyke moderately vsed, be very commendable, in pure fleume not myxte with choler, moche vsyng of salt, specially dried. Pepper grosse beaten, and eaten with meate, oughte to be with all fleumaticke persons familiar, also gynger is right conuenient, but not to be so frequently vsed as a pepper forasmuche as the nature of pepper is, that beynge eaten, it passeth through the body, heating and comfortyng the stomake, not entrynge into the veynes, or annoyeng the lyuer, which vertue is not in gynger. Gynger condite, the which we doo call grene gynger, specially condyd with sugar, yf it may be gotten, and also Mirabolanes called kebuly condite in India, be most excellent remedies agaynst fleume, also the herbes, which are remembred afore in the table of digestiues of fleume, and the rootes of persely, fenel, pyeos, Elycampane, and carrettes be very commendable. Exercise twise in a day, the stomackes being almost emptye, so that sweat beginne to appere, is very expedient, clensyng of the body frome all fylthynesse, with rubbynge and wypynge, oftentymes with washynge, specially the heade and partes there about, moderate sweattyng in hot bathes or stuffes be to this complexion necessary specially whan they haue eaten and dronken excessiuely. The head and feete to be kepte frome colde, and to dwell high and farre from moores and marshes, is a rule right necessarye, also to abstayne frome eatynge herbes and rootes not boyled, and generally frome all meates, whiche wyll not be easyly digested.

The

¶ The diuision of melancoly, and the diete of persons melancolyke. Cap. 18.

MElancoly is of two sortes, the one is called naturalle, whiche is onely colde and dryge, the other is called adust or bourned. Naturall melancoly is (as Galene saithe) the residence or dregges of the bloudde: and therefore is colder and thicker than the bloudde. Melancolye adust is in foure kindes, either it is of naturall melancoly adust, or of the more pure part of the bloude adust, or of choler adust, or of salt fleume adust. But of all other, that melancolye is warste, whiche is ingendred of choler, finallye all adust melancolye annoyeth the witte and iugemente of man. For whan that humour is hette, it maketh men madde, and whan it is extincte, it maketh men fooles, forgettefulle, and dulle. The naturall melancolye kepte in his temperance, profiteth moche to true iudgemente of the witte, but yet if it be to thicke, it darkeneth the spirites, maketh one tymorous, and the witte dulle. If it be myxt with fleume, it mortifieth the bloudde with to much colde, wherefore it maye not be so lyttell, that the bloudde and spirites in their feruentnesse, be as it were vnbridled, whereof do happen vnstablenesse of witte and slyppery remembraunce, nor yet so moche, that by the weight thereof (for it is heuy approchinge nighe to the erthe) that we seme to be alwaye in sleape, and nede a spurre to pricke vs forwarde. wherefore it is righte expediente, to kepe that humour as thinne as nature will suffer it, and not to haue to moche of it.

Ex Marsilio Ficino de vita sana.

are hotte and dry, also meates and drinkes wht the be sowre: onyons also, and garlyke moderately vsed, be very commendable, in pure fleume not myxte with choler, moche vsyng of salt, specially dried. Pepper grosse beaten, and eaten with meate, oughte to be with all fleumaticke persons familiar, also gynger is right conuenient, but not to be so frequently vsed as a pepper forasmuche as the nature of pepper is, that beynge eaten, it passeth through the body, heating and comfortyng the stomake, not entrynge into the veynes, or annoyeng the lyuer, which vertue is not in gynger. Gynger condite, the which we doo call grene gynger, specially condyd with sugar, yf it may be gotten, and also Mirabolanes called kebuly condite in India, be most excellent remedies agaynst fleume, also the herbes, which are remembred afore in the table of digestiues of fleume, and the rootes of persely, fenel, pyeos, Elycampane, and carrettes be very commendable. Exercise twise in a day, the stomackes being almost emptye, so that sweat beginne to appere, is very expedient, clensyng of the body frome all fylthynesse, with rubbynge and wypynge, oftentymes with washynge, specially the heade and partes there about, moderate sweatting in hot bathes or stuffes be to this complexion necessary specially whan they haue eaten and dronken excessiuely. The head and feete to be kepte frome colde, and to dwell high and farre from moores and marshes, is a rule right necessarye, alsoo to abstayne frome eatynge herbes and rootes not boyled, and generally frome all meates, whiche wyll not be easyly digested.

The

¶ The diuision of melancoly, and the diete of persons melancolyke. Cap. 18.

Melancoly is of two sortes, the one is called naturalle, whiche is onely colde and drye, the other is called adust or bourned. Naturall melancoly is (as Galene saithe) the reliden ce or dregges of the bloudde: and therefore is colder and thicker than the bloudde. Melancolye adust is in foure kindes, either it is of naturall melancoly adust, or of the more pure part of the bloude adust, or of choler adust, or of salt fleume adust. But of all other, that melancolye is warste, whiche is ingendred of choler, finallye all adust melancolye annoyeth the witte and iugemente of man. For whan that humour is hette, it maketh men madde, and whan it is extincte, it maketh men fooles, forgetefulle, and dulle. The naturall melancolye kepte in his temperance, profiteth moche to true iudgemente of the witte, but yet if it be to thicke, it darkeneth the spirites, maketh one tymorous, and the witte dulle. If it be myxt with fleume, it mortifieth the bloudde with to much colde, wherefore it maye not be so lyuell, that the bloudde and spirites in their feruentnesse, be as it were vnbridled, whereof do happen vnstablenesse of witte and slyppery remembraunce, nor yet so moche, that by the weight thereof (for it is heuy approchinge nighe to the erthe) that we seme to be alwaye in sleape, and nede a spurre to pricke vs forwarde. wherefore it is righte expediente, to kepe that humour as thinne as nature will suffer it, and not to haue to moche of it.

Ex Marsilio Ficino de vita sana.

¶But nowe to the diete petayninge to them, whome this humour annoieth. The knowledge that melancolye reigneth, is oftentimes, heuynesse of mynde, or feare without cause, slepines in the membres, many crampes without repletion or emptinesse, sodayne fury, sodayne incontinencye of the tongue, moche solicitude of light thynges, with playnnesse of the vysage, and fearefull dreames of terrible visions, dreamynge of darkenesse, depe pyttes, or deathe of frendes or acquayntance, & of all thinge that is blacke. The meates cõueniente are they, whiche be temperatly in heate, but specially they that be moist meates soone digested, and they rather boyled than rosted, temperately myxt with spices, milke hotte from the vdder, or late mylked, is very conuenient for that complexion, sweete almondes blaunched, and almonde mylke, the yelkes of rere egges, and finallye all thinges, whiche ingender pure bloudde, and all that is written in the chapiter of aege. All these be ylle for theym. wyne thicke or troublous, specially redde wyne meates harde, drye, very salte or sowre, bourned meate, fried meate, moche bieffe, hares flesshe, beanes, raket, colewortes, mustard, radische, garlyke, except there be moche wynde in the bodye, for than is it very holsome, onyons, lekes, fynally al thinges whiche heateth to moche, kcleth to moche, or drieth to moche, alsoo wrathe, feare, compassion, sorowe, moche study or care, moche ydelnesse or reste, all thynge that is greuous to see, to smelle, or to heare, but most specially darknesse. Moreouer moche dryenge of the bodye, eyther with longe watche, or with moche care

and

and tossynge of the mynde, or with moche lecherye, or moche eatyng and drinkinge of thinges that be hot and drye, or immoderate euacuation, labour, abstynence, thirst, goinge in the ayre vntemperatly hotte, colde, or drye, all these thynges do annoye them that be greued with any melancolye. It is to be diligentely considered, that where melancolye happeneth of choler adust, there meates whiche be hotte in warkyng, wold be wisely tempred, and drinkynge of hotte wynes wolde be eschewed, semblable cautele wolde be in saudures. Not withstandinge moderate vse of smalle wines, clere and well verdured, is herein verye commendable, the humour thereby beinge clarified, and the spirites clensed, but the abuse or excesse therof, doth as moche damage. Also it is righte expediente, to put into wyne or ale, a gadde of syluer or golde, glowing hotte out of the fyre, to temper hot meates with roses, violettes, saunders, rose water, bourage, buglosse, baulme called in latine Melyssa, or the water of all three drounken with good wine white, or clarette, or made in a Julep, with sugar, is wonderfull holsom, chewinge of lykorise, or raisons of corance, is right expedient, but most of all other thynges, myrthe, good company, gladnes, moderate exercyse, with moderate feedyng. And thus I leaue to speake of dietes, aptely belongynge to the foure complexions.

THE FOVRTH
THE FOVRTHE
BOKE.

VVhat cruditie is, and remedies therfore. Capitulo primo.

IVVIL SOM-what write of two discrasies of the body, which do happē by the excesse or lack of thinges called not naturall, whereof I haue spokē before. The one is called cruditie, the other lassitude which although they be wordes made of latine, hauing none apt englysh worde therfore, yet by the definitions & more ample declaration of them, they shal be vnderstande sufficiently, and from henseforth vsed for englysh. But first it shall be necessary to consider that concoction is an alteration in the stomack of meates and drinkes, according to their qualities, whereby they are made lyke to the substance of the bodye. Cruditie is a vicious concoction of thinges receyued, they not beinge holly or perfitely altered. The cause therof is, sometyme the distēperature of the stomake, sometime inflammations, sometime matter congeled, or impostumes in the stomake, otherwhile ingurgitation of meate and drinke: or for the vicious qualitie of the same meates or drinkes, or the receyuynge therof out of order, or lacke of exercise, or of

Concoction what it is,

Cruditie what it is.

The cause of cruditie.

of conuenient euacuation. Galen sayth, that in crudite or vicious concoctiō it must be cōsydred, as wel if the iuyce be vtterly corrupted, and may not be sufficiently concocte, as also yf it be in the way of cōcoction, for if it be corrupted, it must be expelled by sweate or vrine, yf it be halfe cōcoct, than muste suche thynges be minystred as maye helpe to prfecte concoction, hauynge regarde to the qualitie & temperaunce of the iuyce, that is to saye, whether it be thicke or thynne, fleumatyke or cholerycke: whiche shall be perceyued by the diet precedyng, and also by other thinges named not Natural, for fleumatike meates eatē in great quantite or often, maketh fleumatik iuyce Lykewyse dothe lacke of conuenient exercise, to moche reste or ydelnesse, as cholerycke meates vehemēt labours do make colerike iuice in sommer & melancolike iuyce in Autumne, specially where labours be continuall or long duryng. Also where labour is with moch sweat, there is the vrine more gros: where it is without sweat, there is it thynner. Moreouer the colour & substance of the vrine, declarith the tēperance of the iuice, whyche shal be hereafter declared in the table of vrynes. Semblably the colour of the bodye declareth the iuyce that is in it. for beynge whyter than it was wont to be, it sygnifieth aboūdance of fleum, being more pale or yelow, it betokeneth excesse of coler, yf it be blacker, it sygnifieth melancoly, yf the yll iuyce be moche in quantitie & the bloud lyttell, the yll iuyce wolde be dygested and expelled with suche thynges as do serue for that temperature, but yf the bloud be moche, & the yll iuyce lyttell in quantitie, there wolde the

vaine be opened, and after sufficient bleedinge, a conuenient purgation giuen, hauynge regarde aswel of the quātitie of the iuyce, as of the kind therof, in case that either for āge or for tumorousnesse, a man will not be let bloudde, than muste he be purged by siege in more abundance: But if he in whome is lyttel good bloudde, and muche yll iuyce, and feeleth a lassitude or wearinesse in all his body, he shulde neither be lette bloudde, nor receiue pourgation, nor yet labour or walke muche: but abide in moch quiete, and assaye to sleape moche, and receyue suche meates dzinkes and medicines, whiche do the attenuate or make thinne, cutte, and digest grosse humours, without vehement heate, wherof it is wzitten in the table of digestiues: in the number of whome is oxymell, beinge well made, or Acetosus simpler, where the iuyce is muche cholerike or melācolik. Semblably capers with oyle and vyneger be praysed of Galene. whan there appereth in the vryne a residence light and white, than wyne white or claretto moderately taken, helpeth to cō coction, maketh a good iuyce, and prouoketh vrine, than increase feeations and exercise by lyttel and lyttel, and than let him returne to his naturall diete. In whom is aboundaunce of rawe iuyce, and outwardly feleth a lassitude, to theym Galene counsayleth, the seconde or thirde daye to gyue Meath, wherin Isope is boyled, and afterward to vomyte. The mean to escape crudite is to be diligente in obseruation of the counsels before written, concerninge the thinges called not naturall, not moche vsinge meates that be very harde to concocte, also fatte meate & mea

Galen. sum lib. 6.

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tes long kepte, also corrupted or stinking, swete fruites, and banketinge dyshes, hasty feedynge without good chewinge, also moche or verye moche drinkinge at meales, very moche heate, or verye moche colde after meate.

¶ Furthermore it maste be considered, that all thinges whiche bringeth greke to the body, is ingendred either of to moch abundance of iuyce, or of the vicious qualitie thereof. He that is sycke of aboūdaunce, the diete of hym holly consisteth, in reducinge the iuyce to a conuenient quantitie. He that is greued with the vicious qualitie of the iuyces, his order resteth in makynge the iuyces equalle in temperature. Moze ouer, where that whyche passeth out of the bodye, is lesse than that whiche is receyued into the body, there hapneth sickneste, whiche commeth of abundance. In the whiche case it oughte to be dylygently forsene, that there be obserued a conuenient meane of meates and drinkes, in respect of that which is expelled out of the bodye, whiche may be done if the quantitie of eche of theym be wisely considered. And where aboundaunce is, there the quantitie or qualitee, or both be tempred. Alway remember, that of crude iuyce be diuers kindes, some be colde and fleumatike, some be hotte & cholerike, other be moze thynne and watry, som of black color or melancolike. They whiche do abounde in any of them, muste abstayn from such meates and drinkes, whiche doo ingender such iuyce as do the annoy theym: those meates and drynkes be declared in tables precedynge. Aetius also wolde that he shoulde drinke a draught of cold water, affirming, that thereby *Aetius sermone 9.*

the stomake beinge corroborate, dryueth oute of him down into the bealy, that which cleueth fast to it. I my selfe vsing to drink fasting, very smal biere or ale whan I haue bene in that case, haue found ease by it. Paulus Aegineta willeth, that at the beginning, the legges and armes shulde be rubbed with a course lynnen clothe, the legges downewarde to the fete, the armes to the toppes of the fingers, and whā they be wel chafed, thā to rubbe theym again with some oyle, that doth open the poores, and discusse the vapours, as oyle of camomyll, oyle of anete, and other lyke he prayseth muche Mulse, or the water of hony specially if som Isope be boiled in it. Galen, and all other do agree, that in this case Pepper bruy sed and eaten with meate, is very expedient: And where there is muche winde in the stomake, than to eate all tymes of the day of the medicine made of the thre kindes of pepper, time, anise sede, and hony clarified, which is called Diatrion piperō or that whiche is called Diaspoliticon, or Diapiganon, whiche is made of cummyne stieped ons day and a night, or lenger, in tarte vineger and after fryed or layd on a burninge hot stone and made in powder, also pepper and rewe dried somewhat, and made into poulder, all in equall portions, and myrte with clarified hony Galene addeth therto salt peter, called in latin Nierum. The confection made with the iuyce of quinces, s is called Diacytoniten, is very excellēt. But it is to be diligently noted, that where eruditie is in a cholerike persone, there wold the sayd medicines be temperately vsed, and the saide Diacytoniten, to haue littel or no spices in it. And for my

parte

parte, beynge of a cholerike humour myxte with fleume, many peres continually in crudite, I neuer found any thyng better than fyne Reubarbe chewed with raysons of corens, which I toke by the counsayle of the worshypfull and wel lerned phisition, mayster Doctour Augustyne, who in his maners declareth the gentylnes of his auncient bloudde, whiche medicyne I do not leaue to vse dayly fastynge, whan I fele some crudities to begynne. Also syrope acetose, that is to say, sugar sodden in pure vyneger, and lyttel water, vntyll it be thycke as a syrope, is sometyme conuenient, and that as well to cholerike persones, as vnto fleumatycke: and yf fleume be aboundant, than with rootes and sedes of fenelle and persely soddē with it. Also in that case Orymel, that is to say, honny & water sodden togyther, with the sayde rootes and sedes, and a quantitie of vyneger put therto in the boylynge, is verye commendable. If the pacient be very costiue, thā the medicine of Galene, callyd Hierapicra, from halfe an ounce to an ounce, takē in water of hony or ale, or takē i pylles the weyght of a grote, and a halfe, or two grotes, yf the stuffe be good, wyll pourge the body sufficientlye, without makynge the bodye weaker. Also that medycine by clensyng the stomake and body, delyuereth a mā and woman, frome many perylous sycknesses. If the humours in the stomak be not putrified, but that it is greued with aboundaunce of salt fleume, I haue found that mylke newe mylked, wherin is put a quantitie of good hony or sugar and three leaues of good spearc myntes, and a lyttell boyled, so beynge dronke warme fastynge,

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the quantitie of a pynte, and restyng on it, without eatynge or drinkinge any other thinge the space of thre houres after, haue abundantly purged and comforted the stomake, but where there is no fleume, but only choler, it is not so holsom, but rather hurteth, makynge fumosities in the head, wherof commeth head ache.

¶ Of distillations called commonly Reumes and of some remedies agaynst them right necessary. Cap. 2.

FOrasmuch as at this present tyme in this realm of Englād, ther is not any one more annoyance to the helth of mans body, thā distillations from the head callid reumes. I wil not let to write somwhat of theym, wherby men may take benefyte if they wil, although some physitions, more considering their market thā their duetie to god and their countrey, wil be neuer so moche offended with mine honest enterprise.

¶ Distillation is a droppynge downe of a lyquyde matter out of the head, and fallyng either into the mouthe, or into the nosethyrlles, or into the eyes, and somtime into the chekes and eares that whiche falleth into the mouthe, is receyued of the throte into that parte, which is the instrument of the voice, which at the fyrst maketh hoarsnesse, and in processe of time maketh the voice hoarse, and vneth to be harde. And yf the reume be sharp, it raseth the inner skynne of the throte, & somtime it doth exulcerate the lunges. If it doth fall into the stomake, the reume beinge colde, it altereth the body into a cold distemperance, if it

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be hot, it maketh a hot distemperature, and doth sometyme exulcerate in processe of tyme: And at the beginning abateth appetite, and maketh feeble concoction. The cold reume, maketh concoction slow, and also crudities, and ingendreth soure fumes in the mouthe. If it be corrupted, it tourneth also nourysshement vnto corruption, which maketh vphraidinges fumish or sharp, or of some yll qualitie, whiche can not be expressed. If the matter do discende lower, it tormenteth the guttes callyd Ieiunū & colon, & toucheth other vessels, from whens procedeth digestion. In this diseasy two thinges are to be prouided for, first to lette that the reume do not distille into the sayde places, or yf it hath done, that it be shortly expelled frō thence. First to let that it shal not destyl, it shal be necessary to eate some meat the soner in the morning, if there hath not preceded repletiō. Where the temperature of all the body is colerike, and the stomak is weak, the stomak wold be made stronge with suche thynges as of their propertie do comforte the stomake, so lene that they be moderately cold & moist: And that whiche is all redy fallen into the stomak, must be expelled with vomit or siege, prouoked with worm wode steped all one day and a nyghte in a litell small white wine, or small ale and stale, whiche hath vertue onely to wipe away the fylth frome the stomak, but if it be sucked depe into the fildes of the stomak, than is it better to take the medicine called Hierapicra, either i pouder with drink warmed, or els in pilles, to the number of fiue or mo in the mornynge. vi. houres before any other meate or drynke taken, afterward to noynte the

mouthe

mouthe of the stomake, with oyle of Mastike or Nardinum temperately warme. Alway yf a hot reume do falle into a hot stomake, than meates and drinkes whiche be cold in vertue wold only be vsed. where the stomacke is distempred with heate, and the reume distylleth into a cold head, there is the discrasy hard to be cured: And they whiche be so affecte or dyseased, must take suche thinges as may dissolue the fleume and clense the stomake without heatyng thereof, of the whyche vertu we knowe ortimell to be of.

¶ If the stomake and head be both distempred with cold, than must be vsed meatesdrinkes and oyntmentes, whiche onely be hotte, and vtterly to forbeare all that is colde.

¶ By these distillations or reumes happeth many other greuous diseases, besides those wherof I haue spokē, as in the head whirlynges, called in latine Vertigines, sodayn soundinges, falling sykenesse, polis, stinkyng of the nose, callyd Polipus, sores in the mouth, tothe ache, pinne & web in the eies, dulnesse of heryng, quynces, frettyng of the bowels, with flyxes, shortnes of breathe, griefe in the harte, palseys, ache in the muscules and ioyntes, wherfore it is not to be neglected. And I doo moch meruayle, that our phisitions do not more studyously prouyde therfore remedies. I my selfe was by the space of foure yeres continually in this discrasy, and was cōsailed by diuers phisitiōs to kepe my head warme, and to vse Diatrion piperion, and suche other hot thinges as I haue rehersed, at the last felyng my selfe very feeble, and lackynge appetite and slepe as I hayned to reade the boke of Galen De tem

pera

peramentis, whiche treateth De inequali tempe ratura, and afterwarde the. vi. boke, De tuenda sanitate, I perceiued that I had ben long in an errour. wherefore fyrst I dyd throwe away my quylted cappe, and my other close bonettes, and onely dyd lye in a thynne coyfe, which I haue euer sens vsed bothe wynter and Sommer, and ware a lyghte bouette of veluette onely, thanne made I oximell after the doctrine of Galene, saupnge that I boyled in the vineger rootes of persely and fenelle, with endiue, cikorie, and betayne, and after that I had taken it thre dayes continually, euery day thre sponeskul in the morpng: warme: than toke I of the same orymell, wherin I had infused or steped one dramme of Agarike, and halfe a dramme of fyne Reubarbe the space of. iii. dayes and. iii. nyghtes, whiche I receyued in the morpnynge, eatynge no meate. vi. houres after, and that but a lyttell brothe of a boiled henne, wherof enspyd. viii. stoles abundaunt of choler and fleume: soone after I slepte soundly, & had good appetite to eate, after supper I wolde eyther eate a fewe colyander sedes prepared or swalow downe a lyttel fyne mastix, & forbeare wyne, & dranke only ale, and that but lyttell and stale, and also warmed. And somtime in the morning wold take a parfume of Storax calamita, and nowe and than I wolde put into my nosethrylis eyther a leaf of grene laurel, or betayn, or water of maiorā bruised, which caused the humour to distyll by my nosethrilles. And yf I lacked storax, I toke for a parfume the rindes of olde rosemary and burned them, and helde my mouth ouer the fume closynge myne eyes, afterwarde

ward to comfort my stomake and make it strōg, somtime I wold eate with my meat a litle white pepper grosse bruysed, somtyme Galens electua ry made of the iuyce of quynces, called Diacyto nites, somtime marmalade of quices, or a quince rosted. And by this diete I thanke almighty god vnto whom onely be gyuen al glorye, I was re duced into a better state in my stomake & heade, than I was. xvi. yeres before, as it maye appere vnto them, whiche haue longe knowen me.

And this haue I not written for vainglory or of presumptiō, but to the intent that they which haue their bodies in like temperature as mine was, that is to say, being colerike of complexiō, and hauyng reumes fallyng out of a hotte head maye if they lyst assaye myne experience, or in the stede of my saide infusion, take Hierapicra, with ale or water to purge them, wherof shall not en sue so muche peryll, as of corrupted syropes, and other cōfections called Magistrales, made with olde rotten drugges, thoughe the phisitions be neuer so well lerned. In bodyes of other tempe rature, I wolde not that myne experience shuld be practised but with discretion, tempryng the medicine, as the qualities of the stomak & heade do require, remembring alway, that hot reumes be thyn and subtyl, colde reumes be for the more part thycke. Also that they whiche be thyn wold be made thycke, that they perce not so faste. And that they whiche be thycke, wolde be made thyn that they may the soner be purged. Fynally this dare I affirme, that the reumes, whiche of late time haue ben more frequent in this realme, than they were wont to be. xl. yeres passed, haue hap ned,

ned of none occasion more than of bankettinges after souper, and drinkinge moche, specially wine a lyttell afore slepe. An other thing is the kepinge the head to hotte or to longe couered, wherby the braine which is naturally colde, is distempered with hotte vapours ascendyng from the stomak those same vapoures beinge lette to euaporate or passe forthe out of the head, and therfore be concrete or gathered into humour superfluous, whiche stylleth downe eftsoones out of the head into the places before rehersed. Yet nowe a daies if a boye of. vii. yeres age, or a yong man of. xx. yeres, haue not two cappes on his hed, he and his frendes wil thinke that he may not continue in helth. And yet if the inner cappe be not of veluet or sattyne, a seruing man feareth to lose his credence. A persone vycar or parisshe preste, by vsynge theyr veluet cappes embrowdred with laces doo make some men thinke that they be ashamed of their crownes, that reuerend token of the order of prest hode, the whiche notable abuse, I moch meruaile that the bishoppes wyl suffer, specially they whiche haue hadde leysure to reade the warkes of saint Cipriane, saint Hierome, Chrisostomus, saint Ambrose, & sundry decrets made by the olde fathers, cōcerninge the honest vesture of preistes, whiche although it seme a lyght matter to some men, yet it augmenteth or minisheth not a lytell in priestes, the estimation of their conditions. Salomon confirminge the same, saienge. The garment, the gate, and laughter of a man declareth what he is. But this matter wyll I leaue to an other place, where I intende to speke more abūdantly of it, yf it be not the sonner amended.

Nowe to conclude, as longe as the saide occasyons continewe, soo longe men shall not be without reumes, although they were all perfite phisitions.

¶ By what tokens one maye knowe whether the stomake and heade be hotte or colde.

NOwe to retourne to the remedies against the sayde annoyance, wherof happeth soo many great sycknesses, I wyll be bolde to wzite a lyttell out of the warkes of the moste famouse & expert phisitions. Fyzst the cause of the rewme muste be digested, after expulsed, thyrdly diuerted, that is to saye, tourned frem the eyen oz thzote, into the nose, frome whense it maye be mozr easyly pourged. Fourthely it maye be stopped, that it shall not destylle. In hotte dystyllations the heade is very hotte in feelinge, the reume being in the mouth is thin and warme, the tonge oz chekes within blysstered, the face somtime redder than it is accustomed to be, sometyme a burninge within the nose. To theym whiche haue this hotte reume, may be gruen the sede of white poppy. Diacodion made of the hedes of white poppy and rayne water. Amylum with mylk, if there be no feuer, penidees, malowes, ozage, gourdes, & spinage, boyled & eaten with oyle of almondes, sirope of violettes, nemipher oz the wyne of swete potnegarnates, the waters of a greate cucumber, boyled with a littell sugare, beinge dzunke, dothe mitigate coler, stoppeth the reume, and easily lowseth the bely, the sedes of melons bzayed in a mozter

ter with water, and strayned with soft bread, ha uyng sugar put to it, maketh an excellente good meate against the hot reumes, plaisters made of barley brused, violettes, popy, and camomil boiled in water, wherin sponges or linen clothes being dept, shuld be laide on the hed, and the genitories or legges therwith washed. If the sycke man can not slepe, than the said partes with the bealy and fundement shal be noynted with the oyles of violettes & Nemiphar, the sauour of Camphar in rosewater with violettes is good in that case. Galen exhorteth and I haue proued, that in a very hotte reume, whiche hath stilled fast, the powryng of colde water in vpon ones hed hath stinted the reume. He that is therin diseased must exchewe goinge in the son, or to come nigh a great fyre, or to stande or be long couered, or to weare moche on his hed, he must rest moch and prouoke hym selfe to slepe a nyght but not very long and to lye on the one side on a harde bedde, hauinge his heade high, also rubbynge of his legges before meale is very holsome. Colde reumes be perceyued by coldenesse of the humour and hed with palenesse of the vysage, all colde thinges increasynge the reume. These thinges are good against it, the decoction of cicer with hony and raysons, fylberd nuttes tosted eaten after meales, nothing is more holsome than abstinence. specially in the eueninge, they whiche haue it must beware of Northerne windes, the moneshine by night, washing in colde water, and to be long barehedded. The sedes of Nigella a lyttel tosted and putte in to a piece of thinne sarcenet and smelled vnto, stoppeth the reumes.

¶ Meelinge at the beginninge of the reume is dispzayled of Galen, but after that the matter is dygested, it is very holsome: that maye be made with leaues of laurel oz betayn put into the nose thzilles, the iuyce of colewoztes, the rootes of red beetes, water of Maiozam. A pzety medicine foz that purpose pzoued. ¶ The iuyce of yonge beetes and Maiozam of euerych one ounce, good white wyne. viii. ounces, saffrom the weight of. ii. pence that beinge hette and taken in the mouth, shal be dzawen vp with bzeth to the place, wherby the destillation falleth out of the nose into the mouth. And yf the reume do destille into the cheekes and teth, I haue pzoued that the iuyce of ground iuy, & that herbe whiche we call Moule eare, taken within a quyll into the nosethzylles, oftentymes purgeth excedingly the reume, and taketh awaye the ache of the tethe.

¶ Gargarising, if it be not discretely vsed, may do moze harme than good, bzing downe moche abundance of matter vndigested, but taken in ozder with water hony and pepper, oz with Isope and figges boiled in white wine, and taken very hote in a gargarise is right conuenient.

¶ Foz compassion whiche I haue of them that be vexed with toth ache causyd of reumes, I wyl by the leaue of phisitions conclude this chapiter with an excellent medicine ageinst the said passio which is writen of an honozable phisition of late yeres, which medicine also maketh teth fast, whi che be louse, and also stopped the superfluous bledinge of gommes, wherwith the bzethe is made vnsauerye. ¶ Take the ryndes of Caper rootes, the rootes of bzembles, whiche doo beare blacke

bearies

bearies, the flowres of pomegeanates called Balaustia, of euery of them, the weyght of. ii. ducates, peletorie of Spayn one ducate, sede of white henbane, the ryndes of mandrage, of euerye of them one ducate and a halfe, spounge of the gardeyn one handeful, alume of the rocke. ii. ducates boyle all this in white wyne or clarette, whiche is very rough in taste, and strayne it, therewith let the patient oftentimes washe his mouth. Albeit I wyl counsaile them, whiche wyl take this medicine or any other, fyrste to purge the cause of the reume, as before is rehersed, or in any otherwyse, as they shall be counsayled by welle lerned and discrete phisitions.

¶ Of Lassitude. Cap. 5.

LAssitude is a disposition toward sycknes, wherin a man feleth a sorenes, a swellyng or an inflamatiō. Sorenesse happeneth of humours sharpe and gnawyng, as after greatte exercyse and labours, whiche lassitude hapneth to theym, whose bodyes are full of yll iuyce and excrementes. Also after crudities in them whiche are not exercised, or do abyde longe in the heate of the sonne. It may also be in the body, wherin is good iuyce, yf he be fatigate with immoderate exercise. In them, whiche do fele this lassytude, the skynne appereth thicke and rough, and there is felte a grete sometyme in the skinne onely, sometyme also in the flesshe, as it were of a sooze. The cure thereof, is by moche and pleasant rubbynge, with sweete oyles, whiche haue not the vertue to restrayn or close, and that with mu-

Actius. li. 3.

Galen: de tuenda sanitate, lib. 5.

ny handes, and afterwarde to exercise moderatly, and to be bayned in water swette and temperate in heate, also than must be gyuen meates of good iuyce, potage but selde, wine is not to be forboden, for vnto wine vneth any thinge maye be compared, that soo welle digesteth crude humours, it also prouoketh sweatte and vrine, and maketh one to slepe soundly. but if this lassytude do abyde the nyght and daye folowynge, or waxeth moze and moze, than if the patiente be of good strength and ponge, and hath abundance of bloude, let him be let bloud, or prouoke the hemorroides or piles to blede, yf they do appere. But yf it procede of the malice of any humour, without abundance of bloudde, than resorte to pourgations, apte for the humour that greueth. The tokens wherof, shall appere as wel by the colour of the skynne and diete precedinge, as by vrine, ordure, sweatte, thyrst, and appetite, as it is rehersed before in the complexions. If the yl bloud be lyttel in quantitie, and the crude humours aboundant, thã shal he not be lette bloude, nor vehemently pourged, neyther shall exercise or mouse hym selfe, nor be bayned. for all exercise carieth humours throughout all the bodye, and stoppeth the powers. wherefore these maner of persones shoulde be kepte in rest, and suche meates drinkes and medicines shulde be giuen to them, whiche shulde attenuate or dissolue the grossenes of the humours, without notable heate, as oxymel, barley water, and muise, yf the pacyent abhorre not honye. And for almuche as in the saide persones, commonly there is abundance of wynde about their stomaches, therfore pepper, specially

longe

longe peper, or whyte, is very conuenyent to be vsed, and the medicine before written, callyd Diaspoliticum. whan the humours are dyssolued, than is it good to drynke whyte wyne, or smalle clarete wyne moderately.

Lassitude extensyue: Cap. 4.

VWhan one thynketh that he doothe fele a swellynge or bollynge of the body, where in dede there doth not appere in syght or touchynge any swellynge, that is callyd lassitude extensyue, if it hapneth without exereyse or vehement mouynge. Thys dothe happen of excessyue multitude of humours, whyche doo extende the musculles or fyllettes. In this no sorenesse is felt, but onely an heuines with extention or thrustyng out of the body. And bycause that there is abundance of bloud in the body, best remedy is to be letten bloud about the elbowe or ancle, after to be purged, than to vse softe fryeases with oyles afore rehersed, afterwarde moche rest and temperate bathes, and meates lacking sharpenesse, and being abstersiue.

¶ *Lassitude with the felynge of inflammation. Capitulo. 5.*

IF withoute any mouyng, the muscules and fleshe ryse vp in the bodye, as it swelled, with greatpeynes and excedyng heat, thā sone after foloweth most hottest feuers, except it be preuented by letting of blud and that in abundance, and almost to sowning, but it were more sure to be let bloud twyse in one day, the fyrste tyme withoute

lowrynge, at the nexte tyme lowrynge is not to be feared. If the griefe be in the neeke or head, the bloudde muste be let of the veyne callyd Cephalea, or the shulder veyne. If it be in the bulke or vppermoste parte of the bodye, than muste the veyne be cut, whiche is callyd Basilica, or the innermoste veyne. If all the bodye be greued, than cut the veyne whiche is named Mediana, or the myddell veyne. If a feuer remayne after bloude lettyng, than order hym with the diete of theym that haue feuers, whyche ye shall fynde wrytten hereafter. If noo feuer remayne, than vse moderate fricasyes, and lyttel eatyng, and that of meates hauynge good iuyce, increasyng by lyttel and lyttell to the naturall diete.

¶Diet of them that are ready to fall in to sickneſſe. Cap. 6.

NOw to retourne eftsones to speke of diete it is to be remembred, that they, whych are redy to fall into diseases, they ar prepared therunto, eyther by repletion of superfluous humors, or els by crudite or malyce of humors, whiche are in them. As touching the first, the general diete must be such, as therby the humours maye be attenuate, & by cõuenient euacuation, brought to a moderate quantitie. As for the seconde muste be corrected with meates and drinkes of contrary qualities, hauyng alway respect to the age of the person, tyme of the yere place of habitation, and most specially the vniuersall complexion: for choler offendyng in an olde man, in wynter tyme in a colde countrey, or the personne beinge of his naturalle

naturall complexion, fleumatike or melancolye, wolde not be soo aboundauntly expulsed or subdewed, as yf it be in one yonge and lusty, in the hotte sommer, in the countreys, where the sonne feruenetly burneth, or the persone of his proper nature is very colerycke. And in lykewyse contrarye. wherefore euery man, knowynge his owne naturall complexion, with the qualitee of the humour that offendeth, lette hym make temperance his chiefe rule, and remembrynge that whyche I haue before declared, ordayne to hym selfe suche dyete, as maye reforme the offence with none or lyttell annoyance to his vniuersall complexion. And yf he can so do, he shall happily escape, not only dyuers sycknesses, but also the most pernicious danger, procedyng of corrupted drouges or spyces, wherof some couetous potycaryes do make medicines, maugre the heades of good and well lerned phisitions.

¶ Sycknes moste commune to partyculer tymes of the yere and ages. Cap. 7.

Although I do not intend to wryte of the cure of egrytudes or sycknesses confirmed alwel bicause it mought be reputed in me a great presumption, as also forasmuch as it were very perillous, to diuulgate that noble scyence, to commune people not lerned in liberalle sciences and philosophy, which be requyred to be sufficiently in a phisition. And moreouer, many bookes of Hypocrates and Galen ought to be radde before that one dare take vppon hym the generall cure of mens bodies, yet not withstanding I trust

I maye withoute any note of arrogaunce wryte, what dyseases do moost cōmonly happen in sundry tymes of the yere and ages of men and women, with som significations, whereby the dyscrasy or distemperature of the body is perceyued, to the intent that the phisiton being far of, may be truely informed, consyderyng that vrynes far caryed, do often deceyue them, and likewyse lacke of the syghte of the pacyent, and inquisition of thynges, whiche do precede or folowe the syknes And with this I truste none honest & charitable phisition wyll be offended, but rather gyue to me thankes for my diligence, in the aduancynge of theyr estimation, whyche by lacke of perfytte instruction hath ben appaired.

¶ Syckenesses of sprynge tyme.

¶ Dyseases procedyng of melancolye, as madnesse, fallynge syckenesse, bleedynges, quynces, poses, hoorsenesse, cowghes, lepryes, scabbes, ache in theioyntes.

¶ Syckenesses of Sommer.

¶ Manye of the sayde dyseases. also feuers cōtinuall, hotte feuers, feuers terciane, quartaines, vomytes, flyxes, watrynge of eyes, peynes of the eares, blysters and soores of the mouthe and sweattynges.

Syckenesses of Autumne.

Dyuers of somer syckenesses, also oppilatiōs of the splene, dropsyes, consumptions, strangulions, costiuenesse, ache in the hucale bones. shortenesse of wynde, frettyng of the bowelles, fallyng sycknesse, and melancolyke dyseases.

Sycke-

¶ Sycknesses of wynter.

¶ Stytches and greses in the sides inflamation of then lunges, reumes, coughes, peynes in the brest, sides, and loynes, head ache, and palleyes.

¶ Sycknesses happninge to childrn.

¶ whan they be newe borne, there do happen to them sores of the mouth called Aphte, vometing. coughes, watchinge, fearefulnesse, inflamations of the nauell, moysture of the eares.

¶ whan they brede teethe, ytchynge of the gummes, feuers, crampes, and laskes.

¶ whan they ware elder, thanne be they greeued with kernelles, openesse of the mould of the head, shortnes of wynde, the stone of the bladder, wormes of the bealy, waters, swellynges under the chinne, and in Englande commonly purpels measels, and small pockes.

¶ Sycknesse happynge to yonge men from .xiiii. yeres of age.

¶ Feuers cotidiane, terciane, quartayne, hotte feuers, spittinge or vometing of bloude, pleuresies, diseases of the sydes, inflammation of the lunges, lethargics, frausy, hotte sycknesses, choleryke passyons, costyuenes of vehement laskes.

¶ Sycknesses of age.

¶ Difficultie of breathe, reumes with coughes, stranguilyon, and difficultie in pissynge, ache in the ioyntes diseases of the raines, swymmynges in the heade, palleyes, ytchinge of all the bodye, lacke of sleapy moysture in the eyes and eares, dulnesse of syght, hardnesse of hearyng, tisyknes, or shortnesse of breathe.

¶ Although many of the sayd sikenesses do happ

pen

pen in euery tyme and aege: yet because they be most frequent in the layde tymes and aeges, I haue written them, to the intente that in the ages and tymes moost inclyned vnto them, suche thinges mought be than eschewed, whiche are apt to ingendre the laide dyseases.

¶ The generall significations and tokens of sycknesse. Cap. 8.

If the bodye be hatter, colder, mayster, drier, leaner, fuller, the colour more pale, or swarte, the eyes more holow than is accustomed to be it signifieth that the body is disposed to sikness, or alredy sycke.

The braine sick:
- Rauynge.
- Forgetfulnesse.
- Fantasye.
- Humours cõming from the roufe of the mouthe, the eyes, the nose, or the eares.
- Watche.
- Sleape.

The harte sycke,
- Difficultie of breathe.
- Tremblynge of the harte.
- Beatynge of the pulse.
- Feuers.
- Colde.
- Diuersitie of colours.
- Grikes about the harte.

Lache

The lyuer sycke.
- Lacke or abundance of humours.
- The forme of the body alterid
- Palenesse.
- Concoction.
- Digestion.
- Alteration of excrementes accustomed.
- Pein in the place of the liuer
- Swellynge.
- Difficultie of breath.

The stomak sick.
- Cocction, slow or quycke.
- Appetite of moyste or drye, dull, or quycke.
- Separation of excrementes moyste or harde with theyr colours.
- Yexinge. Welkyng.
- Vometyng with peyn and difficultie of breth.
- Weine muche or lyttel with the coulour and substance to redde or to paale, to thicke or to thynne.

The breast sicke.
- Difficultie of breth.
- Cowghe.
- Spyttyng.
- Peyne in the breste.

¶ This haue I written, not to gyue iudgement therby, but onely for the pacient to haue in a redinesse, to thintent that what so euer he sieth or perceyueth in euery of the saide thinges, therfor to

to instructe his phisition, whereunto he may adapte his counsaile and remedies.

¶ Of vrines. Cap. 9.

FOrasmuch as now a dayes the most cõmon iudgement in sickenes is by vrines, whiche being far caried or moch moued or standing longe after that it is made, the fourme therof is so altered, that the phisitiõ shal not perfitely perceyue the natural colour, nor contentes, although it be neuer so well chauked at the fyre, as Actuarius and other great lerned men do affirm. I will therfore somewhat speake of vrines, not so moch as a phisition knoweth, but as moch as is necessarye to euery man, for to perceyue the place and cause of this grieke, wherby he may the better instructe in the phisition.

¶ Fyrst in vrine, foure thinges are to be consydered, that is to say, the substance, the colour, the regions or partes of the bryne, and the contentes or thinges therin conteyned.

¶ As for asmoch as in the body of man be four, qualities, heate, colde, moysture, and drieth, two of them, heat and colde, are causes of the colour, dryth and moisture are causes of the substaunce

¶ Moreouer in vrine, beyng in a vessel apt therunto to be sene, are thre regions. The lowest region in the bottom of the vrinall, conteining the spaces of two fyngers or littel more. The middel region, fromc whense the lowest ended vnto the cerkle. The highest region is the cerkle.

¶ The hyghnesse of the colour signifieth heate: the pale, blacke, or grene, signifieth colde.

Also

¶ Also the grossenes or thickenesse of the vrine signifieth moysture, the clerenes or thinnesse, sygnifieth drithe.

¶ The colours of vrynes.

¶ Colour of bright golde. Colour of gylte.	Perfyte digestion.
Red as a red apple or chery. Base redde, lyke to bole armenake, or suffron drie. Redde glowyng lyke fyre.	Excesse of digestyon.
Colour of a beastes lyuer. Colour of darke red wyne. Grene lyke to colewortes.	Adustion of humours.
Leaddy colour. Blacke as ynke. Blacke as horne.	Feblenes or mortificatiō of nature, excepte it be in purgynge of melancoly.
whyte clere as water. Gray as a horne. whyte as whay. Colour of a camels heare.	Lacke of digestion
Pale lyke to brothe of fleshe sodden.	The beginninge of digestion.
Citrine colour or yelowe Subcitrine or paler.	The myddell of dygestion.

white and thinne betokeneth melancoly to haue dominion:
whyte and thycke signifieth fleume:
Redde and thicke betokeneth sanguine.

Redde

Redde and thinne betokeneth choler to haue the soueraynte.

¶ *The substaunce of the urine.* Cap. 16.

AT the first pissinge, all vrines well nyghe do appere thinne, as longe as they abide warme. for naturall heate, durynge the tyme that it preuayleth, suffrith not that the lyrour, whiche is the substance of the urine, to cõgele or be thycke for any occasion: but after that heate is goone, somme urines shortely, somme a longer tyme after, ware thicke. Likewise some tyme, some are pysled thicker, and after ware clere, some remayne styll as they were made, som be meiely thycke, as they were troubled, some very thycke and grosse. They that ware clere, some do gather that, which is thicke into the bottome of the urinall: some remaine troubled, the grossenes not withstanding gathered in the bottom. Semblably the diuersitie of thynne or subtyll urines, must be perceyued, that is to say, that some are very subtyll as water, some lasse subtyl, some in a meane betwene thicke and thinne.

¶ Of thinges conteyned in the urine, some doo discende downe to the bottome, and be called in a greke worde Hypostasis, in englyshe some call it the grounde, some the residence, whiche if it be white, lyght rysyng vp from the bottome of the urynall, lyke a peare, it signifieth helth, if it be of any other figure or colour, it betokeneth some anoyance. If lyke thinges bee sene in the myddell of the urinall, they be called sublations, if they approche vnto the highest region of the vryne.

grounde

The groundes or residences not perfyte, some is lyke lyttell redde vetches, and is called in latyne Orobea, som is lyke to braune of wheat ground, and seuered from the meale, and is called braunny residence, in latyne Furfurea, some be lyke vnto plates, hauing bredth and length without thyckenes, and male be named platye residence, in latyne Laminea, some is lyke to meale, wheate, or barley, and male bee named mealy residence, in latyne Similacea.

¶ There is also sene in the bryne lyke to whyte heares, some longer some shorter. somtime like to ragges, somwhat redde. There is also sene in the vppermoste parte of the brine, sometyme a some or froth, somtyme welles or bobles, somtyme ther swymmeth in the brine a thyng lyke a copwepe, otherwhyle there is aboute the cerkle, as it were the rentyng of clothe, somtyme there is in the bryne lyke motes of the sonne, sometyme lyke the matter of a sooze, otherwyle lyke the seede of a man, also grauelle or sande. And in these thynges male be dyuers colours, some whyte, some redde, some betwene bothe, some yelowe, some graye, and some blacke. All this muste be dylygently marked, and thereof, separatly to aduertise the phisicion, vnto whom I referre the iugement of the sickenes, for the cause afore rehersed and for as muche as the iudgemente of theym is very subtylle.

¶ Semblable of ordure, whither it be very thin or very thycke: what other matter yssueth oute with it, what colour it is of, the sauor very great lyttell or none, yf it were easyly expulsed, or peinfully, howe oft or howe seldoune,

¶ Moreouer of sweat, what colour it is of, and of what sauour, yf in tastyng it be salte, sowre, bitter or vnsauery.

¶ Also the vompte yf it be of one colour or many, if it doe smelle horrible, of what humour it had most aboundance, yf it were fastyng, or after meales, if it were peynefull or easy.

¶ Lykewyse spettyl, whether it be thyck or thin or myxt with bloud, or mater corrupt, accordyngly of the humour issuyng out at the nose, and yf that be bloude, than whether it be redde, watry, or blacke.

¶ Moreouer, it may not be forgotten, to aduertise the Phisicion of the diet vsed by the pacient, as well afore the sycknesse, as in the tyme of the sycknesse, his age, the strength of his bodye, his exercyse, and place, wher he lengest abode in his youth, whether it were hye or low, watry or dry, hotte or colde.

¶ This I trust shall be sufficient, to instructe a phisicion: he that desyreth to knowe more particularly hereof, let hym rede the bookes of Hipocrates, Galen, Cornelius Celsus, Actuarius, Paulus, and diuers other late wryters, for this lytle treatyse may not receyue it.

¶ The preceptes of the auncient phisicion Diocles vnto kynge Antigonus. Cap. xi

We wyll now diuide the body of mā into foure partes, the head, the bulke, called in latyn thorax, whiche conteyneth the brest the sydes, the stomake, and entrayles, The belly,

called

called in latin venter, conteineth the panche & the bowels. Also the bladder, callid in latin vesica, in the whiche name is also conteyned the cundytes, by the whiche vrine passeth. When any dysease approcheth to the head, these tokens do cōmonly procede, swymmyng in the head, head ache, hetynesse of the browes, soundyng in the eares, pyckynges in the temples, the eies in the morning do water, or ware dymme, the smellyng is dull, the gummes do swelle. When thou feelest suche tokens, forthwith pourge the head with somwhat, not with vehement medicynes, but takynge Isope or Origanum, and the croppes of them boyle with white or clarette wyne, halfe a pynte, and therwith gargarise your mouthe fastyng, vntyll the fleume be pourged out of your heade, this is the easiest medicyne in discrasies of the head. It is also very holsome to gargaryse the mouth and breste with honye water, whereunto mustarde is put and myngled, but fyrst the head must be rubbed with a warme clothe, that the fleume maye easily come out of the head. And if these tokens be neglected, these maner of syckenesses doo folowe soone after, blearyd eyes, and humour letyng the syght, clefftes in the eares, swellynges in the necke full of matter, called the kynges euyll, corrupcion of the braynes, poles, or reumes, heuynesse of the head, and toothe ache.

¶ When the bulke is like to suffer any sickness, it is perceyued by these tokens, all the body is in a sweate, the bulke most specially, the tunge waxeth thycke, the spettyl is eyther salt or bytter, or choleryke, the sydes and shoulders do ake without any occasion, the patyent gapeth often, also

 theyr

there dothe happen muche walkynge, suffocations or lacke of breth, thirste after slepe, the mind is vered with heuynesse, also the breaste and armes ar very colde, and the handes do tremble.

Agaynst these thynges this remedy may be prouyded. After a moderate soupper, assay to vomyte without any medicyne, vomyte is also profytable, whiche meate dothe folowe. He that in suche wyse will vomite, let hym eate hastily smal radishe rootes, townkerses, rokat, senuy, or purslane, and drinke after it a greate quantitee of warme water, and prouoke hym selfe to vomite. He that setteth lyttell by the sayde tokens lette hym feare these sycknesses folowynge, the pleurese, the syckenesse of the lunges, melancoly or madnes, sharpe feuers, the frensye, the letargy, inflamation with perynge.

¶ If any syckenesse be towarde the bealy, they may be espyed by these tokens, the bealy is fyrst wrapped togyther, and in it selfe is troubled, all meates and drynkes do seeme bytter in taste, he feeleth heuynesse in his knees, a styffenes in his loynes, a wearynesse in all his bodye, without any occasyon, a sleepynesse in his legges, with a lyttell feuer, whan thou feelest these tokens, mollyfye the bealy, not with medycyne, but wyth good order of diete, for it is beste and moste sure to vse those thynges, wherof lyghtly may ensue none annoyaunce, in the noumbre of theym are betes boyled in water of honye, garlyke sodden, malowes, sorell, mercury, and all thynges condyte in honye. All these doo expelle the ordure of the bealye, but yf any of the sayde sygnes dothe more and more increase, the lyquour, wherin the

fede

sede of Carthamus, called also Cuicus, is boyled is a plesant and sure medicine, small cole worts boyled in a good quantitee of water, the lycour therof in measure. ii. pyntes, saupnge the thyrde part of a pynte, with hony and salte beyng drunken. shall profite muche. Cicer, and the pulse called in latyne eruum, in englysche (I suppose) chyttes, in water drunke fastynge, hath the same effecte. To them, whiche set lyttell by the said tokens, these dyseases do sodenly happen, Flure of the bealy, bludy flux, slyppernes of the bowels, pines in the guttes, ache in the huckle bones, the feuer tertian, the gowte, the appolexie or palsey in the lymmes, hemorroydes, akyng of ioyntes.

¶ When the bladder is towarde any syckenes, it is perceyued by these tokens, fulnesse felt after lyttell meate, breakynge wynde downeward and vpwarde, paleness of colour in all the bodye, heuy or troublous slepes, the vrine pale, and passyng forth peynefully, swellynges about the codes and priuy membres, When these tokens appere, than is it expedient to haue remedy of odoriferous thynges, whiche do expelle vrine, whiche shall be done without any peryll with the rotes of fenell and persely stieped one or two daies in good white wyne, and to drynke therof fasting euery mornynge thre ounces and two drammes, with the water of wylde carettes, or elycampane, whiche of these is nexte at hande, euery of them haue lyke effecte. Also water wherin the pease yn called in latyne Ciceres, are stieped, beyng drunk with wyne, is lyke commodyous: he that neglecteth the saied tokens, let hym loke for these sykenesses folowynge, the dropsye, the greatnesse of

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the splene, griefe in the lyuer, the stone, ache of the backe, or peynes in the raynes, the difficultie of urine, fulnes of the belye. In all these thynges that we haue spoken of, we shal gyue to children moste easy medycins, to mennē, those whiche be stronger in worckyng.

¶ This dyete of Diocles, although at this time it semeth not moste pleasaunt, nor accordynge to the practise nowe vsed, yet beyng tempied with that which I haue before remembred, som thing may be found in it, which being experienced, may be as commodious for the helth of mās body, as that dyete whiche is more curious or pleasaunt.

¶ Of them in whose stomakes meate is corrupted. Cap. xii.

They in whom customably meat is corrupted, let them afore that they eat any meat assay to vomite, drynkyng swete wine, abstein from meate, that ingender botches, inflamacions, fumous ructuacions or vapours, and take suche as norysche good iuyce, and chose them out which do mollify the bely, & at sundry times take them It is also good to take tēperatly that whiche louseth the bely, as the medecine called Diera and to abstеyne from suche thynges whereby yll iuyce is gathered, and do ingender sycknesses, harde to be cured or neuer, as gowtes, boneache, peynes of the raynes. &c.

¶ Of the vertue of meates. Cap. xiii.

He that is studyous about the conseruation of helth, he nedeth to know the vertue of meates. The meat whiche hath vertue

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to extenuate, or make humours subtyl, it openeth the poores, and bryngeth forthe that whiche is faste in the flesshe, it maketh that whiche is clammy, subtyll, and dothe extenuate, or relente that whiche is fatte, it bryngeth forthe that whiche abydeth longe in the bealy, but that which is eaten, is a superfluitie watry and colerike, and at length maketh melancolyke bloudde. Wherfore moche vsyng of theim is prohybited specially to them that are colerike, and onely serueth for thē that are replete with fleume, crude or vndigested humours, clammye, or fatte. The dyete of fattynge thynges, doth nourysshe abundantlye, so that the stomake and lyuer do dygest well, meate of good iuyce, maketh good bloud, but yet it stoppeth the lyuer and splene. These do they, whiche make fat humours only, as the pulse called Lenticula, and they that ar slymy like malowes, som do make fatte humours, and be also slympe, as fyshes with harde shelles. Fynally the diet, whiche dothe extenuate and make leane, is more sure for kepynge of healthe, than that whiche fatteth moche. Nourysshynge meates wolde be therfore moderately vsed, whan a man perceyueth hym selfe to haue nede therof, it may be mooste surely vsed of them that be exercysed temperately, and can slepe whanne they lyste. They that can not sleape by reason of exercyse, lette theim eschewe fattynge meates, let none ydell person attempte to vse theim. In the preseruacion of healthe, sluggardye is the greattest myschefe. Lyke as temperate mouynge is good, soo is the meate whiche betwene thicke and thynne, is to mannes helthe most conuenient, which engendreth bloud,

according to the competent constitucion of mans body, and therfore is it to be chiefely vsed. Meat of yll iuyce is alwaie noyfull, wherfore it oughte to be eschewed. Likewyse the varietie of meates is to be obserued diligently, for it is a great thing to couple well togyther thinge of contrary vertues, for yf they be not well digested, that which is receyued, may bryng displeasure.

¶ A diete preseruatiue in the tyme of pestilence. Cap. 14.

The bodies most apt to be infected, are specially sanguine, next colerike, than fleumatyke, last melancolyke, for in them the humour beyng colde and dryc is moste vnapt to receiue putrifaction, hauing also strayte passages, by the which venym must passe. The dyet conuenyēt for that time is to abstcine from meates, inflamyng and openyng the poores, also from heat of the sonne, from to muche heate or fyre, or garmentes, from euery hote herbe, and muche vse of tarte thinges, except onyons and cikory or radish with vineger. for they do resyste agaynst venim, from wyne very fumyshe, exercise incontinent after meales, from sweatyng, from al thinges that wyll cause oppilacion and putrifacion, frome thynges hotte and moyste. where moysture hath the dominion in degre, specially beyng not sufficiently boyled: also frome mylke excepte it be in a lyttell quantitee, and that with a lyttell sugar. Fruites and herbes colde and dry, and therwith soure or somwhat bytter, are not prohybited If ye eate fygges, grapes, or sweete cherryes, eate after

after theym of an orenge with salte. If ye eate thynges cold and moyste, as cucumbers, melons, fyshe softe and freshe, or damsyns, eate by and by after, some fenell, and orenge with salte, drynkynge therewith a draughte of good wyne. Beware of mussherons, muche purslane, gourdes, and all other thynges, whiche wyll sone putrify: not withstandyng, I wyll not forbydde eatynge of lettyse, with a fewe myntes, or myxt with cynamom. All thynges sowre are commended, as well in diete conseruatyue, as in that whiche is curatyue or healeth, except where there is straitnes of the brest, or weakenes of the stomach, thā ought they to be tempred with suger, salt, almōd mylk, cynamom, peper, fenel, saffron, egges, and some thyng that is fatte or vnctuous. Capers ar good to be vsed with vyneger. Chese very fatte and salte, is not commended, no more is colewortes, or any kynde of pulse, excepte chyttes: great peason, rapes, nor spynache is good. Also there be forboden rokat and mustarde, muche wyne and egges, excepte they be eaten with sorel sauce, vyneger or iuyce of orenges, persely & also parsnepes be good. newe wynes be noyfull, lette the meate be somewhat more than drynk, but yet susteyn not to muche hunger nor thyrste, beware of lecherye, of a clowdy whether and close, eschewe muche resort of thrunge of people, wyndes comynng frome fennes or moores: frome sleape at noone, vse with your meate this powder, saunders redde, halfe an ounce, cynamom thre drammes and a halfe, saffron halfe a dramme. After your meate, eate a lyttell of coriander sede, welle prepared, In the mornynge, at a temperate fyre

Kembe

kembe your head backewarde, clense your bodye and heade of all superfluities, vse also moderate frycasyes, with sweete parfumes, and odours, wasshe oftentymes your face and handes with pure vyneger myxte with rosewater. In colde wether mixt it with myntes, baulme, rue or mirtes, and somtyme with cloues. In hotte sommer with roses or vyolettes. Aboue all thynges vse to take whyte wyne good, white vyneger roset, water of roses, in equall porcions, put thervnto a lyttell setualle, or of the rynde of a citron, and drynke therof a lyttell, and oftentymes wasshe therwith your handes and vysage. Medycines preseruatiue against the pestilence, whiche, be alway most redy, are these, a fygge with rue, and a walnut eaten fastyng, also triakle, or mithridate, to olde menne a dramme weyghte, to yonge men halfe a dramme, or a scruple dyssolued in vyneger and rosewater, or in water of tormentyll, scabiose or baulme, yf the plague be in sommer, yf it be in wynter, put to the waters some white wyne. Also the pylles called commonly Pillule Rasis (but in dede they were inuented by Rufus) are very excellente, specially yf the aloe, whiche is in it, be wasshed, and thervnto added a lyttell Bolus armenus, & terra sigillata, And if the persone be of hotte complexion, a quantitie of sorell sede, and redde corall, this confectioned with sirope of citrons, in colde complexyons, or to olde men with white wyne, vse them euery thyrd day one pylle at a tyme, three houres or foure afore dyner or supper. If ye take tryakle or Mithridate, absteyn from meate at the least syxe houres after. A pece of the rote of setuall, borne in the

mouthe

mouthe, preserueth from infection. In lykewyse dothe sorell chewed fastynge, and the iuyce sucked downe. To poore men Marsilius was wont to gyue a tooste of breadde steped in vyneger, with a piece of an onyon or rewe. All thynges whiche be cordiall, that is to saie, whiche do in any wyse comfort the hart, do resyste pestilence, vehement anger, or heuines, be very pernicious. Other more exquisite and costly preseruatiues, I purposely passe ouer, whiche Marsilius, and other sphicions, do wryte of abundantly, for as muche as I desyre to be in this warke compendyous. One thyng I had almost forgotten, that there is no better preseruatiue, than to flee from the place corrupted, betymes and farre of, and to let none approche you, that hathe made theyr abode, where the plague is feruent. Moreouer receyue not into your house any stuffe, that cometh out of a house, wherein any persone hath ben infected. For it hath ben sene, that suche stuffe, lyenge in a coffre faste shutte by the space of two yeres, after that the coffer hath ben opened, they which haue stande nygh to it, haue ben infected, and soone after haue dyed. But here I alwaye excepte the power of god, whiche is wonderful, and also mercyfull, aboue mans reason or counsell, preseruyng or strykyng whome, whan, and where it shall lyke his maiesty, to whome be glory and prayse euerlastyng. Amen.

¶ THVS make I an ende of this treatyse, desyryng them that shall take profyte therby, to defende it against enuyous dysdayne, on whom I haue set the aduenture, for the loue that I beare to my countrey, requyryng all honest phisicions

to

to remembre, that the intent of my labour was, that men and women readyng this warke, and obseruynge the counsayles therin, shulde adapte therby their bodyes, to receyue more sure remedy by the medicines prepared by good phisicions in dangerous sycknesses, they keppng good diet, and informyng diligentely the same phisicions of the maner of their affectes, passyons, and sensyble tokens. And so shall the noble and moste necessarye scyence of phisycke, with the mynisters therof, escape the sclander, whiche they haue of longe tyme susteyned, and accordynge to the precept of the wyse man, be worthily honoured, forasmuche as the hyghest God dyd create the phisicion for mans necessitee. And of the erthe created medicine, and the wyse man shall not abhorre it.

Thus fare ye wel gentyl readers, & forget me not with your good reporte, and pray to god that I be neuer wars occupyed

Finis.

LONDINI in ædibus Thomę
Bertheleti rypographi re-
gii typis impreſſ.
Cum priuilegio ad impri-
mendum ſolum.
M. D. XLVII.